



Reverse Seared Fillet of Beef

Gaggenau Appliance:
Preparation Time: 30 minutes
Cooking Time: 98 minutes
Serves: 4

Ingredients

1 kilo center cut beef tenderloin (ask your butcher to remove the sinew)
Fresh thyme
Bay leaf
Whole pepper corns
Local sea salt flakes
80ml olive oil

Method

Preparation:

Oven – set the sous vide setting to 58°C

For the Aromats:

1. In shallow tray pour in olive oil and combine with the peppercorns, bay and thyme.
2. Take the Beef and pat dry with kitchen towel and roll in the Aromat tray.
3. Take a vacuum bag and place all ingredients in and vacuum on setting 3 with a hard seal.
4. Place in the combi-steam oven for 90 minutes

To finish:

1. Once timer goes off remove the beef from the oven and bring to room temperature.
2. Dry the beef well and remove all of the aromats.
3. Season well with the sea salt.
4. Take a pan and place on the induction and use setting 7 to bring to heat, sear the beef well by rolling around for approximately 30 seconds on all sides.
5. Take off and leave to rest for approx. 6-8 minutes

To serve:

Slice into 8 even pieces **Note:** A good quality mustard, depending on the season either a nice green salad or some seasonal

greens and root vegetables.