Fillet of beef

Recipe by V-ZUG Ltd.

Preparation	15 Mins
Cooking time	2 Hrs
Portions	4
Appliance	Combair-Steam SL from 2017

Preparation

800 g fillet of beef

2 tbsp olive oil

Salt

Pepper

1 sprig of thyme

1 sprig of rosemary

1 clove of garlic, crushed

Trim and season the fillet of beef, pan sear on all sides. Add the thyme, rosemary and garlic and fry briefly. Allow the meat to cool down.

Put the fillet of beef, the thyme, rosemary and garlic into a vacuum bag and vacuum seal it on level 3. Place the bag in the perforated cooking tray and put it into the cold cooking space. Steam.

Vacuisine 58 °C for 2 Hrs

Take the fillet of beef out of the vacuum bag and serve.

Tips

Serve with bramata polenta and roasted carrots.

Accessories

Perforated cooking tray

Vacuum bag

Additional information

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