



# Fillet of beef

食谱作者 V-ZUG 瑞族



制备过程	15 分钟
烘烤的时间	2 小时
时间：烘烤时间取决于机器	
份	4
电器	Comhair-Steam SL 自 2017 年起

## 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.

在 真空蒸煮 期间为 **58 2 小时**°C

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

## 小费

Serve with bramata polenta and roasted carrots.

## 配件

- Perforated cooking tray
- Vacuum bag

