Gently roasted fillet of beef with Szechuan pepper

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制备过程	30 分钟
等待时间	10 分钟
烘烤的时间：烘烤时间取决于机器	2 小时 30 分钟
份	4
电器	Combair SL 自 2015 年

fillet of beef

500 g fillet of beef

2 tsp Pepper, black, whole peppercorns

1 tsp Szechuan pepper, whole peppercorns

2 pinches of five-spice powder

1 tbsp soy sauce, dark

sunflower oil, for frying

Grind the black pepper and Szechuan pepper in a mortar and pestle. Add the five-spice powder and mix together.

Heat the olive oil in a frying pan and sear the fillet of beef on all sides. Brush the fillet of beef with the dark soy sauce and sprinkle with the spice mixture.

Place the meat on the baking tray. Insert the food probe into the centre of the thickest part of the meat. Put the baking tray in the cold cooking space and plug the food probe into the food probe socket. Roast.

软烘烤，至烹调温度为 57°C（最高 **2** 小时 **30** 分钟）

Fleur de sel

Season the roasted fillet of beef with fleur de sel.

Pepper sauce

1 shallot

2 clove of garlic

sunflower oil

100 ml red wine

500 ml beef stock

½ tsp Szechuan pepper

Finely chop the shallot and crush and peel the garlic. In a pan, fry the shallot and garlic in a little oil, add the red wine and reduce the liquid by a half. Add the stock and reduce until the sauce has the desired consistency. Strain the sauce, add the Szechuan pepper and leave to stand for 10 minutes. Serve with the fillet of beef.

配件

Baking tray

Food probe

附加信息

创建时间	11.12.2019