



Côte de bœuf

Рецепт від V-ZUG AT



готування	20 хв
Час	2 годин
готування	
Порції	4
Прилад	Combair-Steam SL з 2015 року

Preparation

1.2 kg côte de bœuf

Olive oil

Pepper

2 cloves of garlic

3 sprigs of rosemary

Peel and finely chop the garlic. Rub the côte de bœuf with olive oil and garlic, season with pepper. Place the meat on the stainless steel tray, insert the food probe, lay the rosemary on top of the meat and put into the cold cooking space. Cook.

Делікатне готування з парою, до температури продуктів 55 °C(макс. 2 годин)

Fleur de sel

Season the meat after cooking with fleur de sel and fry briefly on all sides in a pan or grill pan. Let the meat rest, carve, drizzle with olive oil and season with fleur de sel and pepper.

Поради

The meat can be finished off on a barbecue.

Акcesуари

Stainless steel tray

Додаткова інформація

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