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## Ingredients

For 6 people

### Hay brine:

1 bunch of hay  
½ lt water  
15 gr salt

### Roast beef (sous vide):

700 gr beef sirloin

### Onions (sous vide):

300 gr red onions  
3 dl water  
20 gr sugar  
1 dl red wine vinegar  
2 cloves  
1 bay tree leaf  
3 gr peppercorns  
extra virgin olive oil  
salt and pepper

### Wine sauce:

10 gr sugar  
6 dl red wine  
30 gr honey  
2 cloves  
1 cinnamon stick

## Preparation

### Hay brine:

Boil water with salt and sugar, than remove from the flame and add some hay, let it cool down and then filter it.

### Roast beef (sous vide):

With the help of a syringe inject the hay brine in the meat and roll it up in the left hay, then put the meat into a cooking pouch and cook in the **fusionchef** bath for 3 hours at 54 °C.

Cool down and stock in the fridge for 24 hours.

### Onions (sous vide):

Boil water with salt, sugar, red wine vinegar, cloves, bay tree leaf, peppercorns and then let it cool down.

Peel the onions and cut into slices, put them into a cooking pouch with the aromatic water that you have just prepared and cook them in the **fusionchef** bath for 40 minutes at 85 °C. Cool down.

### Wine sauce:

Pour wine into a saucepan and add gently honey, cloves and the cinnamon stick. Cook until the sauce will be creamy and then filter it.

### Garnish:

Remove the meat from the cooking pouch, take out the hay, cut into slices and serve with onions and wine sauce.