

Sous vide veal tenderloin with mango relish

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Preparation time: 42 minutes
Cooking time: 1 hour 40 minutes



Ingredients

Relish (sous vide):

3 tbsp raspberry vinegar
Juice from ½ orange
60 g sugar
Salt, pepper
1 ripe mango
1 chili

Veal tenderloin (sous vide):

820 g veal tenderloin (trimmed, 760 g ready to cook)
Two branches each of sage, thyme, rosemary, and lavender blossoms
1 pinch coarsely ground black pepper (mixture of black pepper, cubeb, and long pepper plus grains of paradise)
1 grain of allspice
1 clove of garlic
6 tbsp vegetable oil for frying
½ tsp. tomato puree
100 ml red wine
200 ml cold water
Pepper
Sea salt

Basil oil:

½ bunch basil
30 ml cold-pressed olive oil

Preparation

Relish (sous vide):

Combine in a bowl the raspberry vinegar with the orange juice, sugar, salt, and pepper. Then peel the mango, remove the flesh of the fruit from its pit, divide into small pieces, and add. Then clean the chili of its seeds and veins, chop finely, and work in. Put the ragout into a boil-proof bag with 90% vacuum and cook the relish for 10 minutes at 66 °C. Then cool in ice water. Before serving, allow to infuse for a few hours or ideally 1-2 days.

Tenderloin (sous vide):

remove any sinew, fat, and loose skin and set these aside. Thoroughly cool the veal tenderloin and place it into a boil-proof bag with its core temperature at 3 °C. Wash and shake the herbs dry and place them over the veal, cut the garlic clove in half and add, and sprinkle the pepper on top. Next, vacuum the bag with 100% and cook the veal tenderloin for approximately 60 minutes at 66 °C in the **fusionchef** sous vide water bath. Use the temperature sensor as an aid and program the **fusionchef** circulator to a core temperature of 63 °C.

In the meantime, sauté the meat cuttings in a pan with 3 tablespoons of vegetable oil, add the tomato puree, and add the red wine in several small increments, allowing it to reduce each time. Then pour in the water and allow to simmer at reduced heat for 30 minutes. Strain the stock through a fine sieve or cloth and then reduce until a syrup-like consistency.

Basil oil:

To make the herb oil, pluck the basil leaves, put them into a mixer and puree together with the olive oil to a fine consistency. Add a pinch of salt and set aside, ideally covered tightly with aluminum foil.

At the end of the cooking time remove the veal tenderloin from the bag, strain the cooking juices into the sauce and reduce once again to syrup consistency. Remove the herbs and pat the surface of the meat to dry. Heat the remainder of the oil in a pan until very hot and quickly sear the filet on all sides. Remove.

To finish, cut the filet into slices, arrange on pre-warmed plates and sprinkle with some sea salt. Pour the sauce reduction over the meat in thin strips; add the mango

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relish. Garnish with the basil oil and serve immediately.