

Albers Flank Steak sous vide with Smoked trout foam

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Ingredients

Flank Steak (sous vide):

1.5 kg flank steak

Smoked trout foam:

1 scallion
½ clove of garlic
3 smoked trout fillets
150 ml Noilly Prat
300 ml fish stock
Some ginger
250 ml trout stock
250 g whole egg
40 g egg yolk
25 g Herba Texture
500 g smoked butter, liquid
Chili oil
Salt, pepper
Forum vinegar, red

Grilled endive leaves:

1 head endive salad
Sunflower oil
300 ml of sherry
50 ml Forum vinegar, red
200 ml grape seed oil
50 ml olive oil
Salt, pepper
Sugar syrup

Endive powder:

Outer leaves of the endive head

Braised parsley root cream:

700 g parsley root, peeled
Nut butter

Preparation

Flank Steak (sous vide):

Trim and vacuum flank steak. Cook at 54 °C in the **fusionchef** sous vide water bath. Dab off meat, season and sear.

Smoked trout foam:

Sauté scallion and garlic in a little butter and add the trout. Douse with Noilly Prat and bring boil down. Add fish stock and add some ginger. Cook fillets until tender, puree, and strain. Boil trout stock and mix with the eggs, then add smoked butter and Texture and emulsify, season to taste.

Grilled endive leaves:

Cut off the individual leaves from the endive head. Keep the outer leaves for the endive powder. Remove the stalk and lightly fry the leaves in the sunflower oil, season. Boil down the sherry to 100 ml, mix and season with vinegar. Use for marinating the endive leaves prior to serving.

Endive powder:

Dry the leaves in the dehydrator, then grind them in a coffee grinder.

Braised parsley root cream:

Cut the parsley root into cubes and simmer in the oven at 160 °C. Finely mix with nut butter and season to taste.

Parsley root:

Portion parsley roots and vacuum with gravy, nut butter and thyme. Cook at 85 °C in the fusionchef Sous Vide water bath. Glaze them again with the same stock and season to taste prior to serving.

Riso Venere - chocolate pudding, warm:

Roast Riso Venere in a saucepan and douse with the milk/whipped cream mixture. Leave for 2 hours, mix briefly and strain.

Boil with rice milk, couverture, grape seed oil, salt and chili oil once. Mix corn starch (Mondamin), egg yolk and milk and thicken the pudding. Season to taste once more.

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Salt, pepper
Forum vinegar, red
Chili oil

Parsley root:

10 parsley roots, peeled
Some veal gravy
Nut butter
Thyme

Riso Venere - chocolate pudding, warm:

300 g Riso Venere
100 g milk / 100 g whipped cream mixture
200 ml rice milk
35 g white couverture (chocolate coating)
35 g grape seed oil
Salt, chili oil
8 g Mondamin (corn starch)
40 g egg yolk
50 ml milk

Veal gravy:

0.5 l red port
1.5 l oxtail stock
10 trout carcasses
200 g Shiitake mushrooms
Fermented mushroom stock
Rice vinegar
Salt, pepper
Lime juice

Riso Venere steam bun:

400 g Riso Venere
1 pack of yeast
4 tbsp. water
110 ml
approx. 150 g flour
approx. 150 g rice flour
Salt
Some soy sauce
Sugar
1 tbsp oil
Endive powder

Veal gravy:

Boil down the red port wine. Add oxtail stock and bring to the boil.
Roast trout carcasses in the oven and add together with the raw Shiitake mushrooms to the stock. Bring to a boil and simmer for 1 hour. Strain and boil down to 0.5 l. Season with mushroom stock, rice vinegar, salt, pepper and lime juice. Thicken with Dry Texture as needed.

Riso Venere steam bun:

Boil 100 g of Riso Venere in 200 ml of water, drain off water and set aside. Finely grate the remaining Riso Venere and strain, 150 g rice flour is needed. Prepare a dough with yeast, 1 tsp. sugar, 2 tbsp flour, 2 tbsp rice flour and water. Cover and let it rest for 30 minutes. Add rice water, 100 g flour, 100 g rice flour, salt, soy sauce, 2 tbsp sugar and oil to the dough. Prepare a smooth dough, cover and let rise for 2 hours. Make 20 g buns and cook in bamboo basket. Powder with endive powder prior to serving.

This recipe from the first qualifying round of "JUNGE WILDE 2018" (YOUNG WILD 2018) was kindly provided by Stephan Haupt.

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