

Cape Grim beef tenderloin sous vide

Author: Peter John Rollinson

Cooking time: 40 minutes



Ingredients

For 4 servings

Tenderloin (sous vide):

4 160 g pieces of Cape Grim Tenderloin

4 sprigs rosemary

4 cloves garlic, smashed

Extra Virgin Olive Oil

Sea Salt

Peppermill

Pumpkin puree:

12 asparagus spears, peeled and cut on an angle

1 Butternut Pumpkin, peeled, seeds removed and cut into large even pieces

60 ml cream

1 teaspoon ground ginger

½ bunch coriander leaf, picked to garnish

Spiced jus:

150 ml red wine jus

2 pieces clove

1 cinnamon stick

6 black peppercorns crushed

2 star anise

2 Tablespoons toasted flaked almonds

Preparation

Tenderloin (sous vide):

Season the beef generously with sea salt and freshly milled pepper. Place each tenderloin into a vacuum bag and place a sprig of rosemary, a clove of garlic and 2 teaspoons of olive oil into each bag. Vacuum seal removing all air from the bag. Set your **fusionchef** sous vide water bath to 54.5 °C and set a timer for 40 minutes.

Pumpkin puree:

Place the diced pumpkin in pot and cover with cold water, cook over simmering water until tender. Strain off the pumpkin and puree in a liquidiser. Place the pureed pumpkin in a cloth hanging over a chinois and place in the fridge overnight to allowing the excess liquid to drain off.

Spiced jus:

Dry toast the spices in a small sauce pot until fragrant. Add the red wine jus and allow to insuse for 30 minutes. Strain the spices off.

To serve:

Remove the tenderloin from the water bath, and cut open the bag. Season the meat gorgeously with freshly ground sea salt and pepper. Sear the tenderloin in a hot pain on all sides until coloured.

Allow to rest in a warm place while plating the rest of the dish. Blanch the asparagus in boiling salted water, once cooked toss with a knob of butter and some salt and pepper.

Season the pumpkin puree with the ground ginger, add the cream then smear a spoonful of the pumpkin puree on a warm main course plate, place 3 pieces of asparagus randomly around the plate. Cut the beef tenderloin in half and place in the centre of the plate on the pumpkin puree. Sauce with the spiced jus, and garnish with the toasted almonds and coriander leaf

This recipe was generously provided by Peter John Rollinson