

Marinated beef “Sauerbraten“ sous vide with mashed potatoes

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Cooking time: 19 hours



Ingredients

For 4 servings

Marinated beef (sous vide):

1 kg beef, finely marbled
2 bay leaves
8 crushed pepper corns
2 allspice corns
3 juniper berries, slightly squashed
200 ml dark, balsamic vinegar
1 twig of rosemary
300 ml reduced veal jus

Mashed potatoes (sous vide):

200 g potatoes
40 ml water
40 g butter
20 g olive oil
20 ml cream
1 small bunch of chives, finely chopped
Salt and nutmeg

Raisins:

50 g raisins
50 ml marinade used for the beef
1 tbs brown sugar

Preparation

Marinated beef (sous vide):

Vacuum the beef with the other ingredients except for the veal jus and marinate it for three days. Take the beef out of the marinade, pat it dry and gently roast it. Vacuum the beef with the strained spices and part of the marinade. Cook the bag in your sous vide water bath at 65 °C for eighteen hours. Take the meat out of the bag. Pour the juice into a casserole and add the veal jus. Boil everything up and thicken it with corn starch. Glaze the meat with the jus, slice and arrange on a plate.

Mashed potatoes (sous vide):

Peel and dice the potatoes. Vacuum them with the water and salt. Cook the bag in your sous vide water bath at 85 °C for sixty minutes. Squash the bag's ingredients by hand while still warm. For blending, warm the butter together with the cream and the olive oil. Add the mashed potatoes to the liquid and whisk until smooth. Season with salt and nutmeg. Sprinkle the chives over the potato mash.

Raisins:

Finely dice the raisins and soak them in the marinade. Drain a bit of liquid and blend the raisins with the brown sugar. Heat them shortly before serving and garnish the beef with them.