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Cooking time: 5 hours



Ingredients

Skirt (sous vide):

300 g Skirt steak (Thinner part of beef midriff)
8 lime leaves
1 stalk lemon grass
5 g cubeb pepper
40 ml peanut oil

Beans:

60 g fermented beans
200 ml vegetable stock
10 g ginger finely diced
30 g sugar syrup
5 g chopped coriander leaves
Grated peel of ¼ lime
40 g Asia mushrooms
Red Shiso leaves

Preparation

Skirt (sous vide):

Vacuum all ingredients and cook in a **fusionchef** sous vide water bath at 56 °C for 5 hours.
Cool down and cut. If required, regenerate,
Roast, add a bit of salt and serve with little stock.

Beans:

Warm the beans in vegetable stock and infuse. Candy the ginger in the sugar syrup. Strain the syrup and set aside. Mix the ginger with the beans, coriander leaves and grated lime peel. Arrange the mixture with the pieces of skirt. Garnish with mushrooms and Shiso leaves

This recipe was kindly supplied by the Matthaes publishing house from the "Heiko Antoniewicz, Sous Vide".