

Sous vide beef tenderloin, carrots and potatoes

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Cooking time: 2 hours 30 minutes



Ingredients

For 4 servings

Beef tenderloin (sous vide):

600 g beef tenderloin without tendons and fat
4 twigs of rosemary and thyme each
Salt, pepper
1 clove of garlic
30 ml olive oil

Carrots (sous vide):

300 g carrots without leaves
Juice from 1 orange
Zests of ¼ orange
50 ml water
30 g butter
Salt and a pinch of sugar

Potatoes (sous vide):

300 g small-sized potatoes
2 twigs of rosemary
60 ml water
50 ml olive oil
Salt

Preparation

Beef Tenderloin (sous vide):

Cut the beef tenderloin into 4 equal sized pieces and vacuum as cold as possible with the herbs (one twig of rosemary and thyme per bag). Place into a sous vide water bath at 56 °C. After cooking for 40 minutes (medium rare) heat a frying pan almost to the smoke point. Take the meat from the bag, pat dry with a kitchen towel and sear shortly from both sides without fat. Sprinkle with olive oil and add the garlic clove. Add the herbs and remove them after a short while; season well with salt and pepper.

Carrots (sous vide):

Peel the carrots and cut into sticks with a diameter of 0.5 cm. Vacuum all ingredients and let them cook in a sous vide water bath at 85 °C for 45 minutes. Place the carrots in a casserole and heat them. Let the liquid boil down quickly and glaze the carrots. Add more salt if necessary.

Tip: If you have carrots with leaves, take the tips, chop them finely and add to the carrots.

Potatoes (sous vide):

Wash the potatoes and quarter them unpeeled. Vacuum with water, salt and rosemary. Cook at 85 °C for 65 minutes in the sous vide water bath and remove from bag. Drain the water and fry them in a pan with olive oil until golden. If required, add the rosemary and more salt.

We recommend serving this dish with a dark gravy or herbed butter.