

# Sous vide Black Angus Flank Steak with Parsnip

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## Ingredients

### **Black Angus Flank Steak (sous vide):**

600 g Jack's Creek Black Angus flank steak  
200 g nut butter  
Salt  
Juniper berries  
Bay leaves

### **Jack's Creek Black Angus flank steak confit:**

200 g Jack's Creek Black Angus flank steak  
100 g carrots  
100 g onions  
100 g leeks  
100 g celery  
60 g tomatoes  
Tomato paste  
Red wine  
Salt  
Pepper  
Bay leaves  
Juniper berries  
Corn starch

### **Parsnip pickled (sous vide):**

10 baby parsnips  
100 ml vinegar  
100 g sugar  
200 ml water

### **Parsnip (sous vide):**

20 baby parsnips  
100 g nut butter  
Salt

### **Parsnip flan:**

## Preparation

### **Black Angus Flank Steak (sous vide):**

Trim the meat and vacuum with the nut butter and spices. Cook for 3 hours at 54 °C in the **fusionchef** sous vide water bath. Flash-fry in the pan prior to serving.

### **Jack's Creek Black Angus flank steak confit:**

Roast carrots, onions and celery, then roast leeks and tomatoes and tomato paste. Douse with red wine and add water. Fried Jack's Creek Black Add Angus flank steak and simmer together until the meat is tender as butter. Collect and reduce liquid, thicken with corn starch and season to taste. Tear the meat and mix with the strong gravy.

### **Baby parsnip pickled (sous vide):**

Mix vinegar with sugar and water. Vacuum the peeled baby parsnips with the mixed pickle brine. Cook for 20 minutes at 54 °C in the **fusionchef** sous vide water bath.

### **Baby parsnip (sous vide):**

Vacuum the peeled baby parsnips with nut butter and salt. Cook for 20 minutes at 54 °C in the **fusionchef** sous vide water bath.

### **Parsnip flan:**

Cut the parsnips into small pieces and fry in the butter, pour in cream and simmer. Puree parsnip in the Thermomix. Whisk egg whites and fold them into the cooled parsnip puree. Fold in flour and season. Fill mass into small silicone molds and bake at 140 °C for approx. 30-40 minutes.

### **Venere risotto:**

Cook the Venere rice like a risotto. When firm to the bite, put about half of it aside and cook the remainder until very tender.

### **Venere risotto espuma:**

Mix the Venere risotto in the Thermomix and then fill together with the cream into an iSi bottle and add two cream charger.

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

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200 g parsnips  
20 g butter  
150 ml cream  
50 g egg white  
20 g flour  
Salt

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**Venere risotto:**

400 g Venere rice  
1 scallion  
Olive oil  
Vegetable stock  
Parmesan  
Salt

**Venere risotto espuma:**

200 g Venere risotto cooked  
100 ml cream