

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