

Sous vide Flank Steak with Jerusalem artichokes

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Ingredients

Stained and smoked from the flank steak (sous vide):

1400 g flank steak
100 g butter
50 g honey (Vienna Summer)
300 ml light soy sauce
20 g Dijon mustard
50 g smoking chips
50 g hay
20 g tarragon
20 g lovage
20 g parsley
20 g mint
50 g breadcrumbs
Salt, pepper

Gravy:

800 g veal bones
40 g carrots
40 g celery
3 g garlic
50 ml Blaufränkisch (2015 Winery Hagn)
15 g Basic Dry Dark
Crushed ice
Salt, pepper, mustard seeds, allspice and bay leaf
Red onion sections (onion cream)
Leek sections (leek & rosemary glaze)
Portions of flank steak and herbs (stained and smoked from the flank steak)

Roasted sourdough:

100 g sourdough

Jerusalem artichokes:

Preparation

Stained and smoked from the flank steak (sous vide):

Trim the flank steak and cut in rectangular pieces (approx. 600 g). Mix honey, mustard and soy sauce until the honey has dissolved. Inject marinade using a baste with the fiber into the flank steak (1-2 times per side). Vacuum the meat and let it sit for 30 minutes, then cook it at 62 °C in the **fusionchef** sous vide water bath for 60 minutes.

Remove tarragon, mint, lovage, parsley from the stalk and set aside for the gravy. Cover a plate with plastic wrap and spread the leaves on it. Dry in the microwave. Mix the dried leaves with the bread crumbs in the Vitamix and strain through a sieve.

Portion the Sous Vide cooked flank steak and fry in melted butter from all sides. Season with salt and pepper, place in a flat, perforated GN container (place on baking paper). Fill a deep GN container with the smoking chips and hay. Light the smoking chips, they should glow. Put the perforated GN container on top and cover everything with aluminum foil. Let it rest for approx. 15 minutes.

Gravy:

Spread the veal bones on a baking sheet and roast in the oven for 30 minutes at 160 °C. Combine the bones together with the celery (small cut), garlic (pressed) carrots (small cut), red wine, crushed ice, onions, leeks, flank steak, herbs and spices in a saucepan. Add water until everything is well covered and simmer slowly for about 2 hours. Strain and reduce the broth to approx. 800 ml. Season the broth thicken with Basic Dry Dark.

Roasted sourdough:

Roll out the sourdough thinly on a baking sheet with baking paper and dry for 2 hours at 85 °C in the oven. Break the sourdough, mix in the Vitamix and roast dry in the pan until golden yellow.

Jerusalem artichokes:

Peel and dice the Jerusalem artichokes (place the skin aside). Cook the Jerusalem artichoke cubes in plenty of salted water until tender and strain.

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800 g Jerusalem artichoke
40 g creme fraiche
40 ml Obers
200 g Basic Texture
500 ml salad oil
Salt, nutmeg

Leek & rosemary glaze:

3 stalks of leeks
80 ml apple balsamic vinegar (Gölles)
50 g sugar
30 ml maple syrup
10 g rosemary
Salt

Popped tendon:

60 g dried beef tendon
500 ml salad oil
Salt

Mix the cubes with creme fraiche, Obers and Basic Texture in the Thermomix to a fine cream. Season with salt and nutmeg, pass through a fine sieve and pour into an iSi bottle. Keep warm at approx. 75 °C. Heat the salad oil in a saucepan to approx. 140 °C and salt and fry the Jerusalem artichoke skin until crispy.

Leek & rosemary glaze:

Remove the rosemary from the stalk and chop finely (keep stalk for the gravy). Caramelize the sugar in a saucepan. Add maple syrup, continue to caramelize and douse with apple cider vinegar. Simmer for approx. 10 minutes and add the chopped rosemary shortly before the end. Strain everything through a sieve and set aside (do not cool).

Cut out 15 cm long pieces from the middle of the leeks. Cut lengthwise so that the leeks can be opened. Remove the fibrous outer leaves and keep them for the gravy. Cut the inner leaves to 15 x 4 cm and briefly blanch in boiling salted water. Cool down with ice water.

Popped tendon:

Heat the salad oil in a saucepan to approx. 200 °C. Break the beef tendon and fry in hot oil until it popes. Remove from the hot oil and salt.

Serve:

Place one leek leaf in the middle of the plate, sprinkle with rosemary glaze and place the second leaf in parallel.

Roll the flank steak through the herb mixture and arrange it on the side of the leek. Place several small and large dots of the Jerusalem artichoke espuma and decorate with the popped tendon and Jerusalem artichokes chips. Add gravy and sprinkle sourdough.

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

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