

Sous Vide Flank Steak with Venere Rice

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Ingredients

1 kg flank steak
200 g sourdough bread
400 ml whipped cream
200 g sour cream
250 g butter
700 g Venere rice
2 packs of sepia ink
1 bunch of radishes
1.5 kg red beets
100 ml milk
10 g Basic Dry
30 g Basic Texture
100 ml rapeseed oil
5 g licorice salt
Water
1 lemon
Salt and sugar

Preparation

First, cut the red beets and juice them. Reduce juice to 1/7 in a saucepan. Spread the leftovers from the juicer on a baking sheet with baking paper and dry in the oven at 80 °C to 90 °C.

Portion the flank steak, season with licorice salt, and vacuum. Cook for one hour at 53 °C in the **fusionchef** sous vide water bath.

Cook 500 g Venere rice in a saucepan with water.

Heat the butter, let it brown and then pass through a fine sieve.

Dice the sourdough bread and finely mix with milk, Basic Texture, and butter at 40 °C in the Thermomix for 5 minutes, while slowly adding the cream. Fill mixture into an iSi bottle, fill with two capsules, shake and set aside.

In a saucepan, heat 50 ml of water with 60 g of sugar to a thick syrup. Add dried beets and let the liquid evaporate (like roasted almonds).

Let remaining rice pop in oil in a saucepan. Put in a sieve with kitchen paper and mix to a fine dust.

Drain the cooked rice and put in a new saucepan. Add sour cream and sepia and season with salt, sugar and lemon peel.

Thicken the red beet reduction with some Basic Dry.

Fry the meat. In the meantime, cut the radishes into thin slices and season with salt, sugar and lemon juice and coat with the beet reduction.

Paint a hoof on the plate using the reduction and shape a beard on top with the risotto. Add the meat and arrange the radish slices in a scale-like pattern. Spray the espuma into the rice powder and roll it carefully. Arrange three "stones" (the espuma) on the plate. Garnish with a bit of radish green. Finally, distribute some of the crispy red beets.

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