

Sous vide Hanging steak from Swabian cattle with salad and onions

Author: Benjamin Maerz



Ingredients

Hanger steak (Sous Vide):

1 hanger steak
50 g butter
1 clove of garlic
1 sprig of thyme
Salt
Pepper

Onion jus (makes 700 ml):

1 kg sawn veal bones
1 kg oxtail
2 kg onions
200 g carrots
200 g celeriac
1 garlic bulb
3 thyme sprigs
200 g tomato paste
1 liter red wine
2 bay leaves
4 juniper berries
4 liters water
Vegetable oil
Salt
1 bunch chives

Lettuce hearts

2 mini lettuce hearts
3 tbsp. onion jus
Oil

Onion purée:

3 onions
Potato segments (see above)
400 ml vegetable stock
100 g cream

Preparation

Hanger steak (Sous Vide):

Portion the hanger steak; remove all tendons and membranes. Melt butter in a pan, sauté garlic and thyme in it. Vacuum seal this in a vacuum pouch with the meat. Cook for 45 minutes at 56 °C in the **fusionchef** Sous Vide water bath. Heat the Beefer to full power. Take the hanger steak out of the pouch. Pour liquid into a pot and reduce to thicken. Grill meat on the top level of the Beefer for around 20 seconds on each side, then brush with the reduction. Season with salt and pepper then let rest in the Hold-o-mat for 5 minutes at 68 °C.

Onion jus:

Place veal bones and oxtail on a baking tray and bake in the oven for 30 minutes at 200 °C. Dice onion, carrot and celeriac the sauté in a frying pan with oil. Cut the garlic bulb in half and fry in a different pan. Add bones, oxtail, garlic and thyme to the vegetables. Briefly sweat tomato paste in a pan and add. Douse with red wine then add bay leaves and juniper berries. Reduce until the red wine has evaporated. Fill up with water and cook for 10 hours. Skim off any foam during this time. Sieve, put in a smaller pot and reduce to 700 ml. Season with salt. Cut chives into small rolls, add to the onion jus and serve immediately.

Lettuce hearts:

Remove the outer leaves from the lettuce hearts and clean the stalks. Cut in half and fry both sides in a pan with a little oil. Douse with three tablespoons of onion jus then immediately take the lettuce out of the pan. The lettuce hearts should not fall apart.

Onion purée:

Peel onions and cut into small cubes. Fry at high heat in a pot with some vegetable oil. Cook until the onion cubes are dark brown then douse with vegetable stock. Reduce until there is almost no fluid left. Add cream then blend in the Thermomix at level 10 until a fine purée forms. Season with salt and onion vinegar. Sieve, fill into a squeeze bottle and let cool.

Pearl onions:

Peel the pearl onions and cut in half. Sauté with cut side down in a hot pan with a little vegetable oil. Cover the pan with a lid, take off the stove and let sit so that the

Sous vide Hanging steak from Swabian cattle with salad and onions

1 tbsp. onion vinegar
Vegetable oil
Salt
Pepper

Pearl onions:

2 pearl onions
Vegetable oil
Pepper

To serve:

12 bronze-leaved fennel leaves
12 young red mustard leaves
12 verbena flowers
1 marigold

onions cook through. Season with salt and pepper.

To serve:

Squeeze onion purée onto the lettuce then garnish with a bouquet of herbs and flowers. Squeeze onion purée onto the plate and arrange pearl onions. Take hanging steak out of the Hold-o-mat and carve. Pour on onion jus.

This recipe was kindly provided by Benjamin Maerz (from the cookbook "Heimat weite Welt" (At home in the world) / www.matthaes.de/heimat). Photo: ©Lukas Kirchgasser