

# Sous vide Oxtail with Parsnip Puree and Ginger Pear

Author: Diego Dato



## Ingredients

### Oxtail (sous vide):

4.5 kg oxtail, cut  
800 g onions  
250 g carrots  
250 g leeks  
160 g mushrooms  
800 g tomatoes  
500 g oxtail broth  
1500 g broth  
2000 g red wine

### Parsnip Puree:

500 g parsnips  
1 tbsp. milk  
Salt  
Pepper

### Foie-gras-filling (sous vide):

600 g Foie gras mi-cuit

### Ginger pear:

1 tbsp. pear slices  
1 tbsp. ginger

## Preparation

### Oxtail (sous vide):

Reduce the red wine to about half. Fry the meat in a little oil until golden brown and remove from the saucepan. Sauté the onions, carrots, leeks and mushrooms in the same saucepan, add tomatoes at the end and simmer for 5 minutes. Add the reduced red wine and stew for 10 minutes. Vacuum the vegetables together with the oxtail and sous vide cook at 89 °C in the water bath of the **fusionchef** sous vide cooker for 18 hours.

### Parsnip Puree:

Peel the parsnips, slice them and cook in milk until the vegetables are tender. Drain and puree in the Thermomix. Stir in enough cooking liquid until the desired texture is achieved.

### Foie-gras-filling (sous vide):

Season the foie gras with salt, pepper and a pinch of sugar, vacuum and cook for 40 minutes at 65 °C in the water bath of the **fusionchef** sous vide cooker.

### Ginger pear:

Preparation 24 hours before: Cut the pear into slices and vacuum together with the ginger.

### Finishing of the oxtail roll (sous vide):

Arrange thinly cut bacon on a sheet of baking paper. Spread a layer of cut oxtail mixed with the braised vegetables on the bacon slices. Place the foie gras roll in the center. Tightly roll up the bacon, vacuum the roll with butter and broth and cook for 30 minutes at 80 °C in the water bath of the **fusionchef** sous vide cooker. Cut the oxtail roll into pieces of about 5 cm. Pour thickened oxtail gravy over the individual pieces and glaze in the oven for 3 minutes.

This recipe was kindly provided by Diego Dato.