

Sous vide pasture-fed ox from Arensch

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Cooking time: 2 hours



Ingredients

For 4 servings

Pasture-fed ox from Arensch (sous vide):

800 g pasture-fed ox tenderloin from Arensch or another meat equally matured
0.040 l smoked olive oil from Carpier
100 g fresh young wormwood
Maldon Sea salt
Tellicherry pepper
Rapeseed oil
Wormwood oil

Crème of corn:

3 large, fresh corn cobs
0.1 kg very finely diced shallots
5 g Curry Mumbai
50 g butter
2 tbslp white wine vinegar
0.080 l white wine
0.150 l boiled-up sour cream
Salt
Sugar

Small corn cobs (sous vide):

8 small corn cobs
0.030 l clarified butter
Salt
Sugar
Curry Mumbai

Pearl onions (sous vide):

10 small pearl onions
1 tbslp smoked oil
White wine

Preparation

Pasture-fed ox from Arensch (sous vide):

Chop the wormwood. Trim the tenderloin and vacuum it together with the wormwood and smoked oil. Cook it at 65 °C in a **fusionchef** water bath for 20 minutes. Remove the meat from the bag, remove the wormwood, and place the meat on a baking sheet lined with paper towels. Let the meat rest in the oven at 60 °C for 20 minutes.

Heat the rapeseed oil in a metal pan and sear the meat on all sides. Then let it rest for 5 minutes. Cut the tenderloin into four pieces. Brush the edges with wormwood oil and season the meat with salt and Tellicherry pepper from the mill.

Crème of corn:

Remove the corn from the cob and wash it. Sweat the shallots in butter until opaque. Add the corn to the shallots and season with salt, sugar and curry. Let it stew for approx. 30 minutes until the corn is very soft. Deglaze with white wine vinegar and reduce the liquid. Deglaze with white wine again and reduce the liquid once more. Boil up the sour cream and place it with the corn in a Thermomix. Puree for 5 minutes. Strain the mixture through a fine sieve. Season it with salt, sugar and white wine vinegar. Its consistency should be creamy.

Small corn cobs (sous vide):

Vacuum the corn cobs with the butter, salt, sugar and curry in a vacuum bag. Cook them at 90 °C in a **fusionchef** water bath for 40 minutes. Then caramelize them in a pan with sugar.

Pearl onions (sous vide):

Peel the pearl onions and vacuum them with the smoked oil and a dash of white wine. Cook them at 90 °C in a **fusionchef** water bath for approx. 60 minutes. When the pearl onions are soft, cut them in half and brown them with a blow torch.

Red pepper:

Burn the pepper with a blow torch. Wash off the black skin and dry the peppers. Quarter the peppers. Season them with salt, sugar, white wine vinegar and Pimentón powder and vacuum them. Cook them at 65 °C in a **fusionchef** water bath until the pepper is soft. Cut the pepper into shape, roll and blow torch them.

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Red pepper:

1 red pepper
Salt
Sugar
White wine vinegar
Pimentón powder

Pimentón sauce:

1 finely diced red pepper
2 finely diced shallots
1 peeled clove of garlic, finely sliced
2 tblsp olive oil
Salt
Sugar
Pimentón powder
2 EL white wine vinegar
0.150 l chicken stock
2 tblsp juice of red pepper (extract the juice
of 1/2 a red pepper)
1/2 tsp of arrow root starch mixed with a bit
of water

Season to taste if desired.

Pimentón sauce:

Slightly sweat the diced pepper, shallots, and garlic with olive oil. Season to taste with salt, sugar, and Pimentón.
Deglaze with a tablespoon of vinegar and fill up with chicken stock and pepper juice. Let the liquid reduce to half. Stir in the arrow root starch and mix thoroughly with a hand blender. Strain the mixture through a fine sieve. Season to taste with vinegar.

This recipe was generously provided by Marc Rennhack.