

Boston beef cooked sous-vide with a green pepper sauce |

Recipe for 12 Tapas

Description

Sliced Boston beef topped with a nice green pepper sauce

Note

Be careful how much pepper you use. Many cuts of meat (beef, veal, pork) go very well with green pepper sauce.

Ingredients

For the beef

- 800 Gr Boston cut beef
- 1 Big Vacuum bag
- 1 Unit(s) Thermocirculateur
- 3 Nut(s) Butter
- 2 Sprig(s) Thyme
- 2 Clove(s) Garlic
- 60 Ml Canola oil

For the green pepper sauce

- 300 Ml Veal demi-glace
- 125 Ml Maille xérès vinegar
- 5 Ml Honey
- 1 Tbsp Dijon mustard
- 3 Tsp Green pepper seeds
- 125 Ml 35% cooking cream
- 1 Pinch(es) Sea salt flakes

For the topping

- 12 Bunch Micro mesclun
- 1 Pinch(es) Sea salt flakes

Preparation

- Preparation time **25 mins**

For the beef

Fill the thermo-circulator bin with water and heat until you reach 54°C (129.2°F).

Put the vacuum bags with the beef pieces with a knob of butter, thyme and sliced garlic, then vacuum seal them. When the water is to temperature, put the bags in and let them cook for 45 minutes to 1 hour.

Remove the meat from the bag, then pan sear them until you reach a nice coloration, then let it rest for 5 to 10 minutes and slice it.

For the sauce

In a pan, bring the honey, sherry vinegar and pepper corns to a boil for 1 minute. Add the veal stock and reduce it for 2 to 3 minutes. In another pot bring the cream to boil and add it to the sauce, adjust the seasoning and finish cooking until you reach a nice and thick consistency.

For the plating

Slice the meat, and place off center on your plate, put some sauce on the top and finish the dish by garnishing it with the sprouts and sea salt.

Bon appétit!