



Grilled Steak with Potato Puree, Seasonal Vegetables and Red Wine Jus

Overview

Difficulty: Easy

Servings: 2

Preparation Time: 30 Minutes

Cooking Time: 50 Minutes

Ingredients

Red Wine Jus

- 1 White Onion – Roughly Cut
- 1 Carrot – Roughly Cut
- 1 Stalk Celery – Roughly Cut
- 200ml Red Wine
- 500ml Beef/ Chicken Stock
- 2 Tablespoons Tomato Paste
- 2 Pieces Bay Leaves
- 5 Sprigs Fresh Thyme
- 20ml Cooking Oil
- 1kg Beef Trimmings/ Oxtail Bones

Potato Puree

- 1kg Idaho Potatoes – Peeled and Sliced
- 200ml Fresh Milk/ Cream
- 1 Tablespoon Butter - Softened
- A Pinch Salt

Grilled Steak and Vegetables

- 600g – 880g Bone in Ribeye
- 5 Pieces Baby Carrots - Halved
- 8 Pieces Asparagus
- 8 Pieces Cherry Tomatoes on the Vine
- 6 Pieces Baby Corn - Halved
- 6 Pieces Baby Turnips
- 1 Teaspoon Chopped Garlic
- 250g Softened Butter
- A Few Pinches Salt
- To Season White Pepper Powder
- To Season Rock Salt
- To Season Fresh Crushed Black Pepper

1. Methods for Red Wine Jus

Step 1

Add cooking oil to a highly heated pot and sear the beef trimmings and/ or oxtail bones until they caramelise.



Step 2

Remove the beef trimmings and/or oxtail bones from the pot. With the same pot, add chopped onions, carrots, celery and tomato paste, and fry them.



Step 3

Deglaze the pot with red wine. Add the beef trimmings and/or bones, bay leaves, fresh thyme, Beef/ Chicken stock and butter.



Step 4

Bring the mixture to a boil, till it reaches a sauce-like consistency. Strain the vegetables from the stock.



Step 5

Pre-heat the oven to 180°C with '4D Hot Air' mode.



2. Methods for Potato Puree

Step 6

Add salt to a pot of boiling water, and boil the potatoes slowly till they soften. Strain the softened potatoes and mash them through a drum sieve.



Step 7

Heat up fresh milk/ cream in a pot. In another pot, heat up the sieved potatoes, then add butter and fresh cream/ milk to it. Stir the potatoes and cream till they turn into a smooth mixture.



2. Vegetables and Grilled Steak

Step 8

Add salt to a pot of boiling water. Next, add baby carrots, baby turnips, baby corn and asparagus and cook them for about 8 minutes. Remove from the water, and place them on a plate.



Step 9

Sear the ribeye in a heated grill pan. Brush the beef with butter and season it with rock salt and freshly crushed pepper. Sear both sides of the beef till they turn golden brown.



Step 10

Roast the seared beef in the oven at 180°C for 15 to 20 minutes, with the '4D Hot Air' mode. Flip the beef occasionally, brushing both sides with butter.



Step 11

Melt one tablespoon of butter in a pan and fry the chopped garlic. Next, sauté the cherry tomatoes, boiled baby turnips, corn, carrots and asparagus. Season them with salt and white pepper powder.



Step 12

Serve with potato puree, sliced beef, sautéed vegetables and red wine jus.

