



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

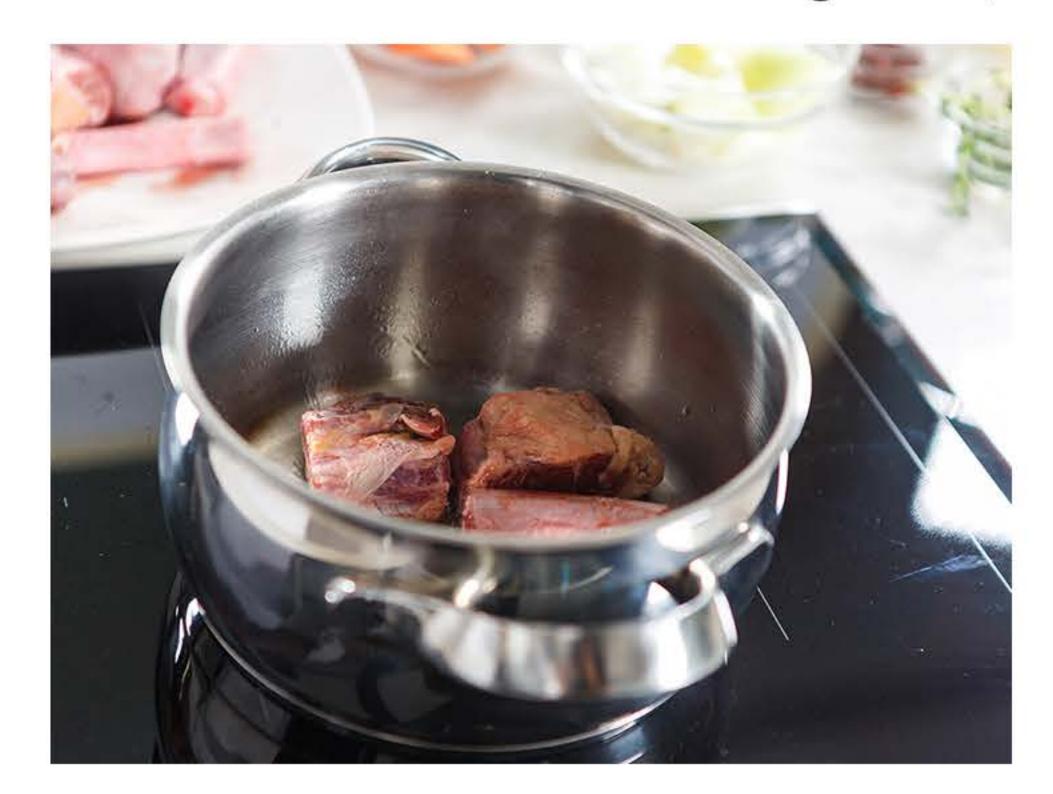
To Season Rock Salt

To Season Fresh Crushed Black Pepper

1. Methods for Red Wine Jus

Step 1Add cooking oil to a highly heated pot and sear the beef trimmings and/ or oxtail bones until they caramelise.







Step 2Remove 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 3Deglaze the pot with red wine. Add the beef trimmings and/or bones, bay leaves, fresh thyme, Beef/ Chicken stock and butter.





Step 4Bring the mixture to a boil, till it reaches a sauce-like consistency. Strain the vegetables from the stock.



Step 5

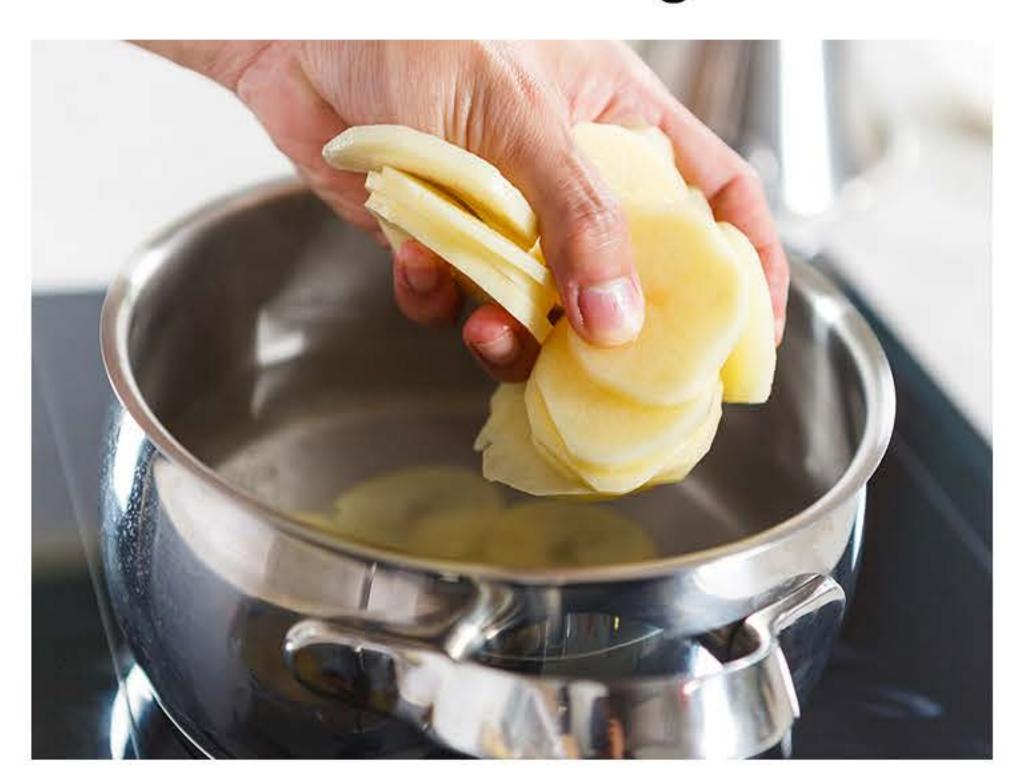
Pre-heat the oven to 180°C with '4D Hot Air' mode.



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.

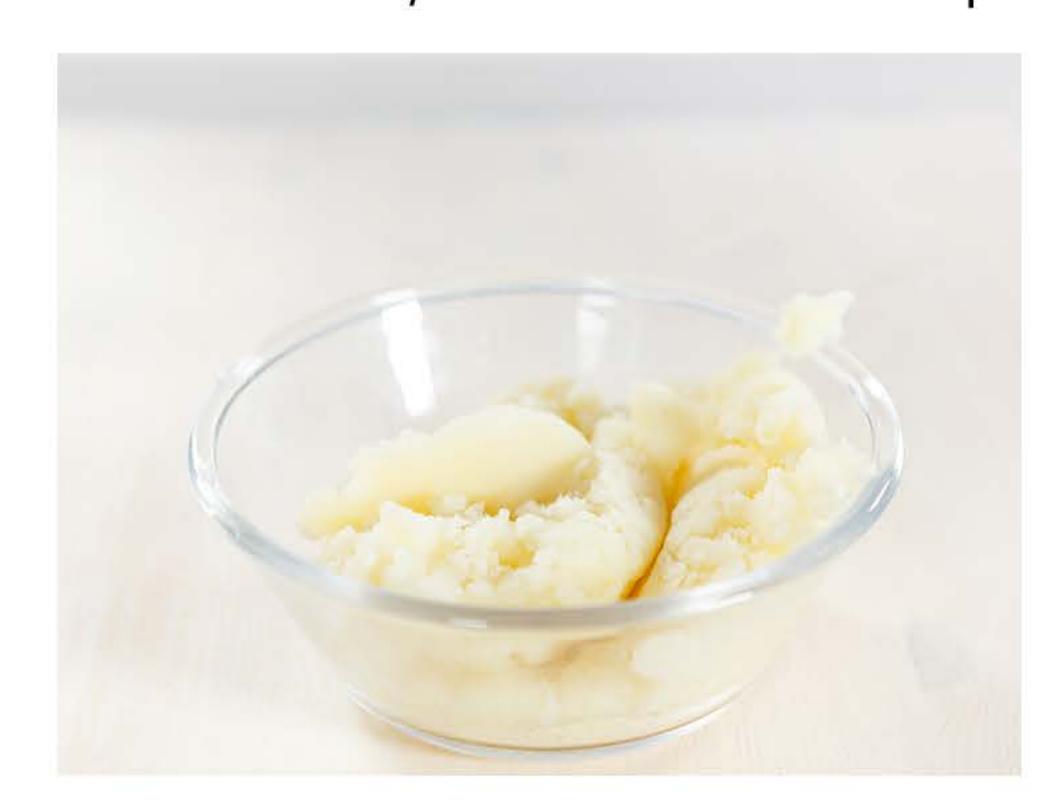






Step 7

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

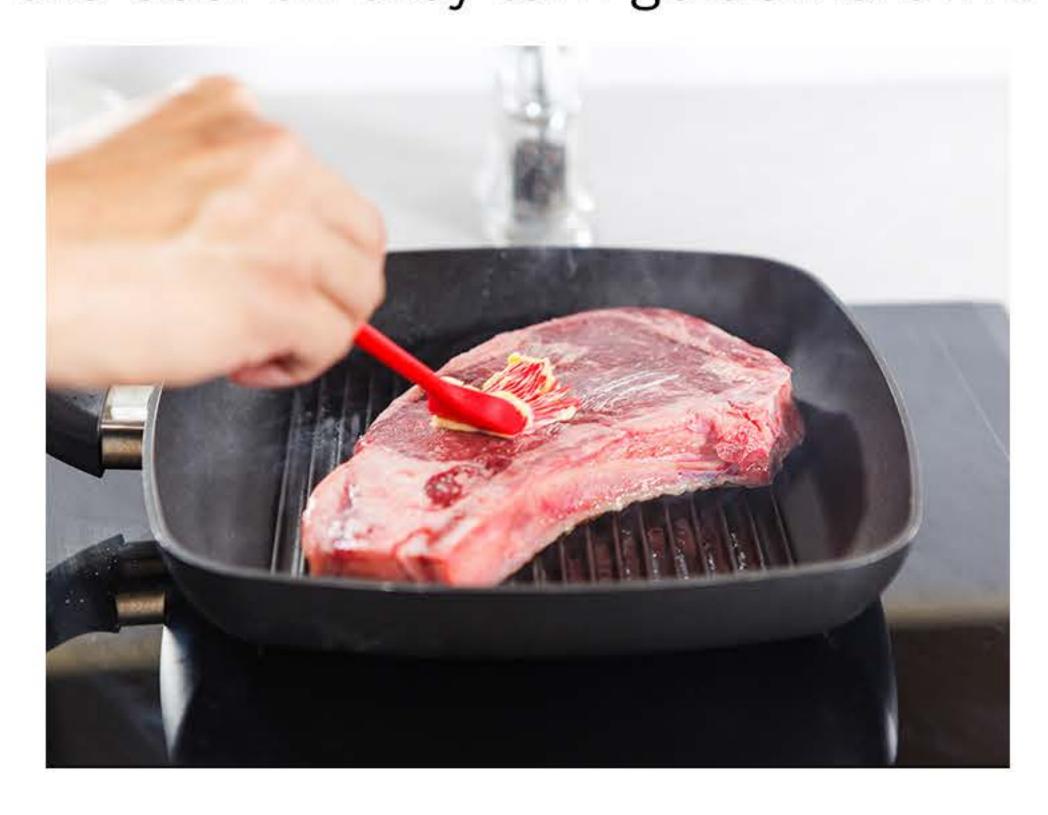
Add salt to a pot of boiling water. Next, add baby carrots, baby turnips, baby corn and asparagus and cook them for about 8 minutes. Remove from the water, and place them on a plate.





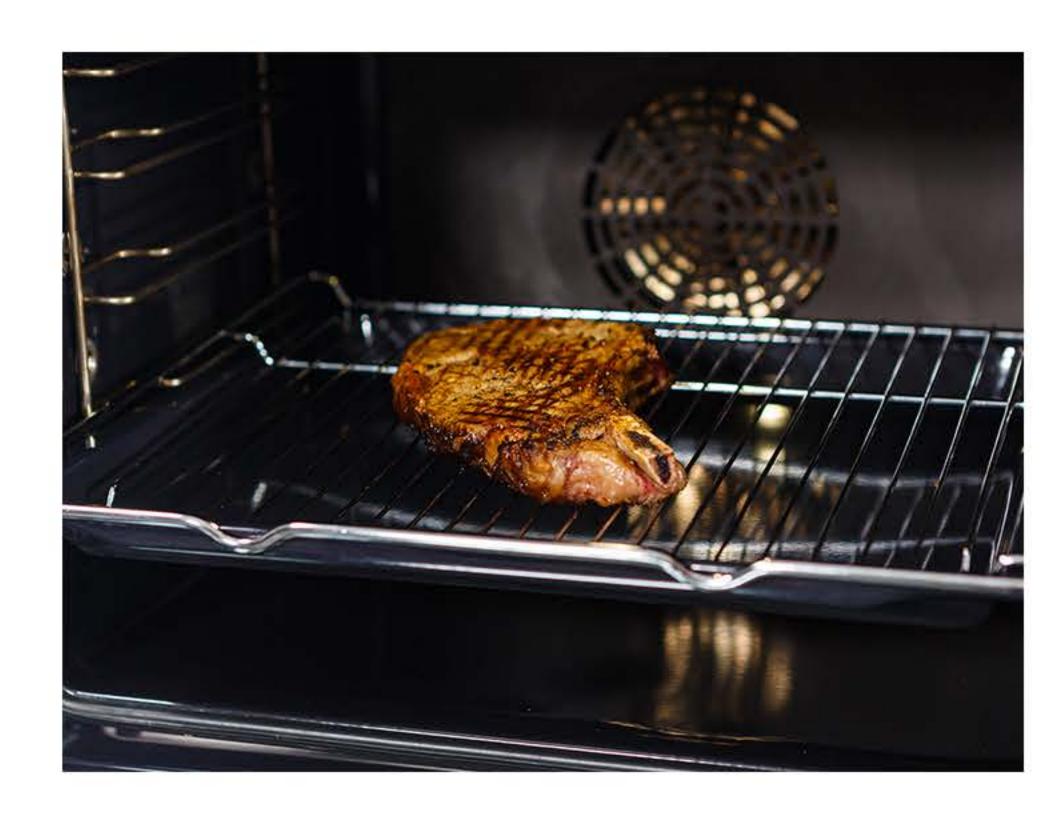
Step 9Sear the ribeye in a heated grill pan. Brush the beef with butter and season it with rock salt and freshly crushed pepper. Sear both sides of the beef till they turn golden brown.







Step 10Roast 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 11Melt 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 12Serve with potato puree, sliced beef, sautéed vegetables and red wine jus.





