



Ribeye Steak With Glazed Vegetables

Overview

Servings: 4

Ingredients

Meat:

1 Tablespoon Vegetable Oil
1kg Ribeye Beef Steak

Vegetables:

100g Small Potatoes
4 Baby Carrots
50g Green Asparagus
1 Small Radish
50g Green Beans
50g Spring Onions
50g Zucchini
40g Butter
30g Sugar
Salt

Methods

1. Rinse the meat briefly in cold water and pat dry with kitchen towel.
2. Heat the oil in a frying pan at setting 7 for approx. 5 minutes. When the oil is hot enough, turn down to setting 5 and fry the meat on all sides. Cook gently in the oven at 100-120 °C for approx. 2 1/2 (2 and a half) hours. Turn several times while cooking.
3. Trim and wash the vegetables. Cut the ends off the green beans and asparagus. Cut the spring onions and radish into strips. Make the potatoes and zucchini into decorative shapes.
4. Heat the butter and sugar in a pan at setting 6 for approx. 2 minutes until the sugar has melted. Add the vegetables and spread out over the bottom of the pan. Just cover the vegetables with water. Simmer for 2-3 minutes, stirring in the meantime. Cover and heat at setting 5 for approx. 9 minutes. Then season with salt and fry lightly until the liquid has evaporated.
5. Season the ribeye steak with salt and cut into slices. Arrange with the vegetables on four plates and serve hot.