



COOKING PASSION SINCE 1877

## STEAK ON A RAINBOW CARROT SALAD



Serves: 4

### INGREDIENTS

280-300 g piece of rib roast beef with a fatty cap, approx. 3 cm thick

1 tbsp clarified **butter**  
1 garlic clove, halved  
2 small rosemary twigs  
2 small dried chillies  
freshly cracked black and green pepper  
freshly cracked coriander seeds  
20 g **butter**  
Fleur de sel

#### FOR A FAST SPICY STEAK SAUCE:

100 g **crème fraîche**  
1 tbsp ketchup  
1 tbsp Cognac  
1 tsp pickled green peppercorns, crushed  
1 pinch of sugar  
Tabasco  
salt, freshly cracked black pepper  
Chilli flakes

#### FOR THE CARROT SALAD:

200 g rainbow carrots  
2 tbsp **hazelnut oil**  
2 tbsp lime juice plus some zest  
½ tsp sugar  
herbal salt  
freshly cracked black pepper  
2 tbsp **roasted hazelnuts**, coarsely chopped  
2 tbsp mixed herbs, finely chopped (e.g. chives, flat-leaf parsley and coriander)

ALLERGENES HIGHLIGHTED IN BOLD

### PREPARATION

Set the oven to a "slow cooking" setting at 80 °C. Heat a pan on the induction hob, setting 7. Add the clarified butter to the pan.

Place the non-seasoned meat in the pan. Add the halved garlic clove, rosemary and chillies. Sauté the meat for 2 minutes, turn it over and sear it for one more minute on the other side.

Place the meat in a small, unperforated steamer container. Season on both sides with freshly cracked black and green pepper as well as coriander seeds. Pour the fat from the pan over the steak along with garlic, rosemary, chillies and pieces of butter.

Inserting a meat thermometer. Place the rack in shelf position >2<, stick the probe in the middle of the steak and select a core temperature of 55 °C. Press Start.

At the end of the cooking time, remove the meat from the oven, season it with Fleur de sel and let it rest for 5 minutes. Cut into thin slices and serve immediately.

Combine all ingredients and season the sauce to taste.

Peel the carrots and use the peeler to slice them thinly. Place the carrot slices in a vacuum bag with the hazelnut oil, lime juice, a little bit of zest and sugar. Vacuum seal at level 2 and chill.

Just before serving, open the vacuum bag. Season the carrots with herbal salt and pepper. Garnish with the hazelnuts and herbs.