



ENTRECÔTE WITH FLOWERS



2 Servings

INGREDIENTS

1-2 Chioggia (striped) beetroots
 1 entrecôte (400–500 gr)
 2 tablespoons olive oil
 1 teaspoon black peppercorns
 1 sprig sage
 1 sprig rosemary
 2-3 sprigs thyme
 1 red chili pepper
 1 handful edible flowers (such as marigolds, cornflowers, pansies)
 1-2 tablespoons frying oil
 1 tablespoon aged balsamic vinegar
 1 tablespoon cold **butter**

ALLERGENES HIGHLIGHTED IN BOLD



PREPARATION

Sous-vide cooking condenses aromas and intensifies flavours, so be sure to use premium ingredients. Buy a well hung piece of entrecôte (dry aged) – for example, from a butcher, organic weekly market or farm shop. The mango must be fully but not overly ripe, the ginger fresh and juicy.

Peel the beetroots and cut them into 3 mm slices. Rub oil into the meat and sprinkle with peppercorns. Place the meat and beets in a vacuum bag. Carefully distribute the herb sprigs, chili pepper and about two-thirds of the flowers on top and vacuum-seal the bag. Steam for one hour at 58°C.

Open the bag, remove the entrecôte and sear it on both sides in frying oil. Remove it from the pan and let stand.

In the meantime, reduce the temperature. Remove the beetroot slices, cut them into fine strips and sauté them in the pan for 2 to 3 minutes

Season with salt and pepper. Pour in the balsamic vinegar and add the cold butter cut into bits. Swirl the pan until the butter has melted.

Season the entrecôte with salt and slice. Arrange the beetroots on plates, top with entrecôte slices and sprinkle with the remaining flowers. Goes well with roast potatoes.