

FILLET STEAK

EQUIPMENT

MEDIUM SIZE SAUCEPAN, ZIP LOCK BAG, DIGITAL THERMOMETER, SMALL FRYPAN.

INGREDIENTS

150-180GM BEEF EYE FILLET, SALT, SPRIG OF THYME,
OLIVE OIL, 50GM BUTTER

METHOD

PLACE STEAK INTO ZIP LOCK BAG AND SEASON WITH SEA SALT ADD THYME SPRIGS AND A SPLASH OF OLIVE OIL

IN A MEDIUM SIZE SAUCEPAN 3/4 FILL IT WITH WATER AT 52 DEGREES IF IT'S TOO HOT ADD SOME COLD, OR TOO COLD ADD SOME HOT

IT'S IMPORTANT YOU BEGIN WITH THE CORRECT TEMPERATURE

SEAL THE ZIP LOCK BAG AND REMOVE AS MUCH AIR AS POSSIBLE. PLACE THE BAG IN THE WATER BATH AND PLACE INTO A PRE HEATED OVEN
STEAM SETTING 52 DEGREES FOR 45 MINS

REMOVE THE STEAK FROM THE BAG AND PAN FRY OVER MEDIUM HIGH HEAT IN A LITTLE OLIVE OIL FOR 1-2 MINS, TURN OVER ADD A KNOB OF
BUTTER AND PAN FRY FOR A FURTHER 45 SECONDS BASTING THE SURFACE OF THE STEAK WITH THE MELTED BUTTER

SERVE IMMEDIATELY

HINTS & TIPS

- WHETHER YOU USE THIS METHOD OR MORE TRADITIONAL METHODS FOR COOKING YOUR STEAKS ALWAYS START AT ROOM TEMPERATURE
- THIS IS OUR VERSION OF "SOUS VIDE" CHECK THE VIDEO FOR FURTHER INFORMATION