

# Recipe of the week: Sous-vide Wagyu beef

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By [Paul Johnson](#) on Feb 14, 2014 in , , , , , - Read 1163 times

Tender, extraordinary, and delicious are only a few words to describe the sous-vide wagyu tenderloin fillet steak that you and your guests will enjoy. Aged to perfection and trimmed of all exterior fat, this steak is sure to please the most discerning palate. Served with fresh seasonal garden vegetables and a smooth potato purée.



## Ingredients

1 beef tenderloin 2 springs of fresh thyme 2 green asparagus 1 medium carrot 1 baby turnip 4 shimanji mushrooms 1 salsify 1 potato 100ml milk 50gr unsalted butter 1 red pepper Black truffle oil, to taste Himalayan salt and coarse ground black pepper, to taste Micro cress leaves for garnish

## Directions

Set the temperature of the Sous Vide Professional to desired temperature. Beef Temperature Guidelines Rare: 120°F / 49°C Medium Rare: 134°F / 56.5°C Medium: 140°F / 60°C Medium Well: 150°F / 65.5°C Well Done: 160°F / 71°C

Season the beef with Himalayan salt and black pepper.

Place beef into the bag, along with sprig of thyme and black truffle olive oil. Vacuum seal beef and place in circulating water bath and cook until target core temperature is reached.

Remove cooked beef from bath and carefully open pouch. Gently dry on paper towel to absorb excess moisture and sear evenly in hot pan or grill. Rest 60 seconds and slice. Sous vide beef does not require but a few moments to rest.

Meanwhile, in a food processor, purée the red pepper gently using black truffle oil and season with Himalayan salt. Sauté the shimanji in black truffle oil and prepare the potato purée. Also cut the carrot, baby turnip and the asparagus in small pieces, blanch them and keep them warm.

To decorate the plate, peel and slice the salsify. Roll it like a spiral round of a metal tube and bake it in 180°C for 8 minutes.

Serve the wagyu beef in a plate and garnish with potato purée, red pepper purée and the rest of the vegetables. On top of the beef you place the salsify spiral and the micro cress leaves. Drizzle with natural beef jus.

*Thank you to Polis Papageorgiou, Executive Chef at [Antara Palace, Wellness & Spa](#), Cyprus, for the recipe.*

*If you have a recipe you would like to share with [A Luxury Travel Blog's](#) readers, please [contact us](#).*