

Slow-roast sirloin with creamy vegetable sauce

Cuisine: **Czech**
Food category: **Beef**



Author: **Jaroslav Mikoška**
Company: **Retigo**



Program steps

Preheating: 75 °C

1

Hot air

100 %

Termination by core probe temperature

55 °C

160 °C

100 %

Ingredients - number of portions - 8		
Name	Value	Unit
real beef tenderloin	1.6	kg
English mustard	25	g
Butter	100	g
brown mustard	60	g
dry white wine	100	ml
lemon	1	pcs
beef stock	1.5	l
double cream	500	ml
granny smith apple	1	pcs
extra virgin olive oil	10	ml
salt	10	g
freshly ground black pepper, ground	3	g
white wine vinegar	10	ml
whole black pepper	1	pcs
allspice	10	pcs
bay leaf	5	pcs
onion	150	g
carrot	250	g
parsley root	150	g

Nutrition and allergens	
Allergens:	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, D, E, K, Kyselina listová	

Directions

1. Lightly sear the beef on a very hot skillet.
2. Set the oven on dry heat at 60°C and core probe temperature at 55°C.
3. Season your seared beef with salt, pepper and the English mustard before placing in a GN and bake until your hear the core probe signal.
4. In large pot slowly sauté the diced carrots and celeriac, adding the diced onions at a later stage. Once your soffritto gains a golden hue, add the apple, brown mustard and lemon. Keep going for another 5 minutes, stirring. Deglaze with wine until it has reduced and the alcohol evaporated. Add the beef stock and the bouquet garni, lower the heat and cook for another 30-40 minutes. Remove the bouquet garni and finish with double cream.
5. Blend the sauce, add butter and pass through a fine sieve while it's still warm.
6. Season with salt, pepper, sugar and vinegar.
7. Allow the beef joint to rest at room temperature and slice thinly.
8. Plate and pour warm sauce over the meat. Best served with dumplings.

Nutritional value of one portion	Value
Energy	724 kJ
Carbohydrate	6.7 g
Fat	26.9 g
Protein	43.6 g
Water	0 g