

Sous Vide

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Preparation: Less than 15 minutes
Cooking: 30 to 45 minutes
Yield: 4 servings
Cuisine: European
Meal: Main Course
Season: Thanksgiving



An extremely simple French recipe.
It goes well with any soft side dish like plain rice, cooked potatoes or tomato&lettuce salad.

Notes

Pork fat is optional.

Ingredients

1 kg	Beef	1 glass	Red wine
8	Rosemary	1	Salt and pepper
4 tbsp	Olive oil, extra-virgin	1 tbsp	Pork fat

Directions

1. Pat the steaks with black pepper, olive oil and rosemary, and let it rest absorbing flavours.
2. Heat a skillet with a mix of pork fat and oil, after a moment add the steaks. Sear until a crust forms, then flip and re-sear. For thick steaks, sear the sides as well. Don't overcrowd the skillet, and work in batches if needed. Set the steaks aside.
3. Reduce the skillet heat to low-medium, then add the wine and the spices used to marinate the meat. Reduce by half, stirring occasionally. While the sauce simmers, slice the steaks and scatter with some extra salt and black pepper.
4. Once the sauce is reduced, remove from heat and stir. Plate the steaks, then pour the reduced sauce over them and serve with plain rice or potatoes.