

## JUNIPER BERRY VEAL TENDERLOIN WITH JERUSALEM ARTICHOKE PUREE AND SUMMER BABY VEGETABLES

### METHOD

- 01 Prepare the herb oil. Pour olive oil into a small pot. Simmer the crushed juniper berries and thyme for 5-8 minutes until aromas release. Set aside to cool.
- 02 Trim the veal tenderloin.
- 03 Spread Dijon mustard on the veal, then marinate with the cool herb oil.
- 04 Sear the veal with high heat until brown on surface. Season with salt and pepper, and then add in butter.
- 05 Preheat the Miele Steam Combination Oven 150°C with "Combination Mode + Conventional Heat" function and moisture set at 80%.
- 06 Plug a wireless food probe into the veal tenderloin, put it into the preheated Steam Combination Oven, and set the core temperature at 58°C.
- 07 The oven will stop the cooking programme when the veal tenderloin has reached the pre-set core temperature. Take out the veal and set aside.
- 08 Prepare the Jerusalem Artichoke Purée. Put the ingredients into a vacuum sealing bag. Vacuum seal in the Miele vacuum sealing drawer with level 3 vacuum and level 2 sealing setting.
- 09 Place the vacuum sealing bag into Miele Steam Oven, steam at 100°C for 45-60 minutes.
- 10 Take out the bag and put the steamed ingredients into a food processor. Blend well, then filter the purée using a fine sieve. Set aside.
- 11 Trim and peel brussels sprouts and baby carrots.
- 12 Set the Miele Steam Oven to 95°C. Steam baby carrots for 5-8 minutes and brussels sprout for 1 minute.
- 13 Heat up a pan with medium heat. Sauté all vegetables with butter.
- 14 Season with salt and pepper. Top with lemon juice and sprinkle with chopped parsley.
- 15 Plate Jerusalem artichoke purée, Juniper berry veal tenderloin, brussels sprouts and baby carrots nicely on a plate. Ready to serve.

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### INGREDIENTS

#### Juniper Berry Veal Tenderloin

Beetroot .....	1 pc
Olive Oil .....	200 ml
Juniper Berry (Crushed) .....	5-8 pcs
Thyme .....	1 bunch
Veal Tenderloin .....	1 pc
Dijon Mustard .....	1 tbsp
Salt .....	Moderate
Pepper .....	Moderate
Butter .....	Moderate

#### Jerusalem Artichoke Purée

Jerusalem Artichoke (Peeled, Diced) ...	500 g
Salt and Pepper .....	Moderate
Olive Oil .....	1 tbsp

#### Brussels Sprout and Baby Carrot

Brussels Sprout .....	20 g
Baby Carrot .....	1-2 pcs
Butter .....	Moderate
Salt .....	Moderate
Pepper .....	Moderate
Lemon Juice .....	Moderate
Italian Parsley (Chopped) .....	Moderate



#### TIPS

- Removing the silver skin of veal tenderloin could help improve texture and eating experience.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the veal tenderloin in moisturized cavity, resulting in a juicy texture.
- With the use of a wireless food probe, the doneness of the veal tenderloin can be easily monitored as the core temperature can be precisely controlled.

1.5 h

1~2 persons

## 杜松子牛仔柳伴耶路撒冷 雅枝竹蓉及夏季蔬菜苗

### 做法

- 01 將橄欖油倒入小鍋，用文火加熱切碎的杜松果和百里香5-8分鐘，使香味釋出，然後置室溫冷卻。
- 02 切去牛仔柳多餘部分。
- 03 先將第戎芥末醬塗勻牛仔柳，然後用已降溫的香草油醃勻。
- 04 用大火煎牛仔柳至表面焦香，以鹽和胡椒調味，再加入牛油。
- 05 以「組合模式 + 一般加熱」模式預熱Miele蒸焗爐至攝氏150度，濕度設定為80%。
- 06 把無線食物探針插入牛仔柳，然後放入已預熱的Miele蒸焗爐中，將中心溫度設定為攝氏58度。
- 07 當牛仔柳中心溫度到達預設溫度，煮食程序便會自動完結。取出牛仔柳，備用。
- 08 製作耶路撒冷雅枝竹蓉。將所需材料置真空袋內，以Miele真空處理櫃以第3級吸力及第2級熱力密封並抽空真空袋。
- 09 將真空袋放入Miele蒸爐內，並以攝氏100度蒸45-60分鐘。
- 10 取出並打開真空袋，將已蒸熟的材料放入食物處理器，拌打成蓉。用隔篩過濾至順滑，備用。
- 11 切去小椰菜和小胡蘿蔔多餘部分並去皮。
- 12 設定Miele蒸爐至95°C。蒸小胡蘿蔔5-8分鐘，及小椰菜1分鐘。
- 13 用中火預熱煎鍋，然後加入牛油炒香蔬菜。
- 14 以鹽和胡椒調味，再淋上檸檬汁及灑上切碎的意大利番茜。
- 15 於碟上擺放耶路撒冷雅枝竹蓉、杜松子牛仔柳、小椰菜和小胡蘿蔔，即可享用。

### 材料

#### 杜松子牛仔柳

紅菜頭 .....	1個
橄欖油 .....	200毫升
杜松果(切碎) .....	5-8粒
百里香 .....	1扎
牛仔柳 .....	1條
第戎芥末醬 .....	1湯匙
鹽 .....	適量
胡椒 .....	適量
牛油 .....	適量

#### 耶路撒冷雅枝竹蓉

耶路撒冷雅枝竹(去皮並切小塊) .....	500克
鹽和胡椒 .....	適量
橄欖油 .....	1湯匙

#### 小椰菜和小胡蘿蔔

小椰菜 .....	20克
小胡蘿蔔 .....	1-2條
牛油 .....	適量
鹽 .....	適量
胡椒 .....	適量
檸檬汁 .....	適量
意大利番茜(切碎) .....	適量



貼士

- 將牛仔柳的筋膜徹底清理，口感更佳。
- 利用Miele蒸焗爐的組合模式，即以「蒸焗同步」烹調，烤焗過程全時間注入濕氣，有助熱力均勻傳送，溫度亦更快傳入牛仔柳中心，效果鮮嫩多汁。
- 利用食物探針可以穩定控制溫度，輕易掌控牛仔柳的生熟程度。

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1.5 小時



1~2 人份