

SEARED SOUS-VIDE STEAK

METHOD

- 01** Make the herb oil. Add rosemary, thyme, garlic and shallot in the oil. Heat it in low heat for around 1 hour or until all the ingredients are softened. Set aside and let cool.
- 02** Season the steak with salt, pepper and herb oil.
- 03** Put the steak in a vacuum sealing bag. Vacuum seal in the Miele vacuum sealing drawer with level 3 vacuum and level 2 sealing setting.
- 04** Select "Sous-vide" programme at Miele steam oven and sous-vide the steak in the bag at 59°C for 50 minutes.
- 05** Take the steak out from the bag. Fry it with a griddle or a pan. Sear each side at high heat for 30 second until there is browning. It is ready to serve.

INGREDIENTS

Steak 1 pc
Salt and Pepper Moderate

Herb Oil

Rosemary 2 pcs
Thyme 2-3 pcs
Garlic 4-5 pcs
Shallot 2 pcs
Oil 500 ml

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TIPS

- When cooking sous-vide meat dishes with bones, cooking time will be longer or doubled compared to boneless food
- With a Miele steam oven, the doneness of the steak can be easily monitored and achieved as the temperature can be precisely controlled in long time

50 mins

1 person

香煎低溫真空 慢煮牛扒

做法

- 01 製作香草油，先把迷迭香、百里香、蒜頭及紅蔥頭放入油。以低火煮熟1小時或至所有材料軟化。待冷卻備用。
- 02 牛扒以鹽及胡椒和香草油調味。
- 03 將牛扒放入真空袋內，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。
- 04 將真空袋放入Miele蒸爐，選用「Sous-vide」模式以攝氏59度慢煮50分鐘。
- 05 燒熱烤盤或平底鍋，取出牛扒並以大火煎封每邊約30秒至表面焦黃，即可享用。

材料

牛扒 1 件
鹽及胡椒 適量

香草油

迷迭香 2條
百里香 2-3條
蒜頭 4-5粒
紅蔥頭 2粒
油 500毫升

網上教學短片



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貼士

- 當利用真空慢煮處理有骨食物時，時間會比處理無骨食物增加一倍或以上
- 利用Miele蒸爐可以長時間穩定控制溫度，輕易掌控牛扒的生熟程度，讓低溫慢煮食物效果更完美。



50 分鐘



1 人份