Miele

Braised oyster blade with parsnip puree

By Miele

20 minutes
Preparation Time

4 hours
Cooking Time

8 servings
Serves

INGREDIENTS

Braised oyster blade

2 tbsp virgin olive oil
8 pieces oyster blade steak (200 g each)
2 brown onions, roughly chopped
2 carrots, roughly chopped
2 celery sticks, roughly chopped
2 bay leaves
¼ bunch thyme
250 ml (1 cup) red wine
750 ml (3 cups) beef stock
Salt flakes and pepper, to taste

Parsnip puree

750 g parsnip, roughly chopped (approximately 3 parsnips)
300 g butter
2-3 tbsp salt flakes

To serve

Parsley leaves and red vein sorrel

METHOD

Braised oyster blade

1. Heat a gourmet oven dish on high heat, induction setting 8. Place half the oil into the dish and sear the pieces of beef until browned. Remove the beef from the dish and set aside.
2. Add the remaining oil to the dish along with the onions, carrots and celery. Cook until softened and beginning to caramelise. Add the bay leaves and thyme, followed by the wine and reduce by half.
3. Add the stock and bring to the boil, then turn the heat off. Return the meat back to the gourmet oven dish.
4. Place the gourmet oven dish into the combi steam Pro oven on shelf level 2. Select Combination Mode: Fan Plus at 130°C + 3 ½ hours + 85% moisture.
5. Once the beef is cooked, remove the pieces of meat and strain the liquid.
6. Place the gourmet oven dish back on the cooktop on high heat, induction setting 8, and boil the sauce until thickened slightly.

Parsnip puree

1. Place parsnip into an unperforated steam container with the butter and half of the salt.
2. Place into the steam oven and Steam at 100°C for 20 minutes.
3. Transfer the parsnip to a blender and blend until smooth. Check for seasoning and add the extra salt if required.

To serve

1. Spoon puree into the middle of a bowl, pushing the mixture outwards, place a piece of beef in the middle, and pour over some of the sauce.
2. Garnish with parsley and sorrel.

Hints and tips

● Parsnip puree can be made ahead of time and reheated.