

Miele

Spiced beef with cauliflower purée and BBQ sauce

By Miele

1 hour

Preparation Time

1 hour 10 minutes

Cooking Time

4

Serves



INGREDIENTS

Beef

- 4 x 250g eye fillet steaks
- 1 tsp smoked paprika
- 1 tsp chilli powder
- 1 tsp cumin
- 1 tsp brown sugar
- 1 tsp salt
- 1 tsp freshly ground pepper

Cauliflower puree

- Half a head of cauliflower, broken into florets
- 200g can chick peas, rinsed and drained
- 2 cups milk
- 1 tbs of honey
- 1 tbs tahini
- ½ tsp cumin
- Pinch of salt

BBQ Sauce

- 1 tbs vegetable oil
- 1 small brown onion, finely diced
- 2 garlic cloves, finely chopped
- 1 cup tomato sauce
- ½ cup dark brown sugar
- ½ cup water
- 3 tbs cider vinegar
- 3 tbs worcestershire sauce
- 2 chipotles in adobo sauce, finely chopped
- 1 tsp freshly ground pepper

METHOD

Beef

1. Combine dry ingredients in a bowl and stir to combine.
2. Add the eye fillets portions and evenly rub the spice mixture on all sides, lightly pressing the mixture into the meat.
3. Place the portions into a food zip lock bag or vacuum seal the meat. If time allows, refrigerate the meat like this for 24 hours before cooking, otherwise an hour will suffice. Steam at 55°C for 1 hour.
4. Remove beef from the Steam Oven, remove from the zip lock bag and pat portions dry with paper towel, keeping as much as the spice mix in place as possible.
5. Heat 2 tablespoons of vegetable oil to a large fry pan until very hot.
6. Add the beef portions. Do not turn the meat for a few minutes until the beef is well seared. Turn and sear the other side.
7. Lift to a plate to rest for a few minutes, before slicing against the grain.

Cauliflower puree

1. Place chickpeas and cauliflower in a deep unperforated steam tray and cover with milk and steam at 100°C for 8 minutes.
2. Remove from Steam Oven, drain milk and set aside, reserving the milk.
3. Place drained cauliflower and chickpeas in a food processor and add remaining ingredients. Process for a few minutes or until desired consistency.
4. If you feel the consistency is too thick then add a little of the reserved milk.

BBQ sauce

1. Heat the oil in a medium saucepan until shimmering. Add the onion and garlic and cook until softened, around 3 minutes.
2. Add the remaining ingredients, whisk to combine, and bring to a simmer. Reduce heat to low and continue to simmer, whisking occasionally, until the sauce has reduced to about 2 cups (approximately 30-40 minutes).
3. Remove from the heat. Blitz with a stick blender, making the sauce silky smooth.

To serve

1. Smear a large spoonful of the cauliflower puree on to the plate and arrange the eye fillet slices beside it. Drizzle with BBQ sauce and serve the remainder of the sauce separately.

Note

- If you do not have time to make the BBQ sauce, substitute with a good quality store bought version.
- Serve this dish with a crisp green side salad.