

Miele

Charred beef with caramelised onion and gorgonzola

By Miele

20 minutes

Preparation Time

2 hours 30 minutes

Cooking Time

16 canapés

Serves



INGREDIENTS

Beef

500 g beef fillet
2 tbsp olive oil
Salt and pepper, to taste

Gorgonzola cream

200 g gorgonzola dolce
100 ml sour cream

Caramelised onion

5 tbsp extra virgin olive oil
4 brown onions, peeled, halved,
thinly sliced
6 sprigs thyme
2 tsp brown sugar
1 tbsp red wine vinegar

To serve

1 loaf sourdough bread, cut into 1 cm
thick slices
2 garlic cloves, peeled
Salt and pepper, to taste
100 g rocket
Extra virgin olive oil, to drizzle

Miele Accessories

Vacuum sealing bag
Baking and roasting rack
Gourmet griddle plate

METHOD

Beef

1. Place the beef fillet into a small vacuum sealing bag. Place into the vacuum sealing drawer and Vacuum on setting 3 and Seal on setting 3.
2. Place the sealed bag onto a baking and roasting rack in the steam oven. Sous-vide at 55°C for 60 minutes.
3. Remove from the bag, drain off juices and pat dry with paper towel. Brush with 1-2 tablespoons of olive oil and season with salt and pepper.
4. In a frying pan on medium-high, induction setting 7, brown the beef on all sides. Rest in the warming drawer for 10-15 minutes, or set aside covered with foil to retain heat.

Gorgonzola cream

1. Using a whisk or blender, combine the gorgonzola dolce with the sour cream and mix until smooth.
2. Set aside to serve at room temperature with the beef.

Caramelised onion

1. In a frying pan on medium heat, induction setting 6, heat the oil and add the onions. Cook for 40 minutes, stirring occasionally until caramelised.
2. Add the thyme and brown sugar and cook for a further 5 minutes.
3. Add the red wine vinegar and cook for another 2-3 minutes or until evaporated. Set aside to cool.

Sourdough

1. Preheat the griddle plate on medium-high heat, induction setting 7.
2. Cut the sourdough into 1 cm slices.
3. Place onto to the hot griddle plate and cook until charred on both sides. Whilst still hot, rub with the garlic cloves and lightly brush with olive oil.

To serve

1. Thinly slice the beef.
2. Spread or pipe the gorgonzola cream generously on top of the sourdough slices.
3. Place 1-2 slices of beef on each piece, top with 1 tablespoon of caramelised onion and garnish with fresh rocket.
4. Finish with a drizzle of olive oil and season with salt and pepper to taste.

Hints and tips

- Beef can be steamed the day prior, then brought to room temperature before browning.
- Caramelised onions and gorgonzola cream can be prepared up to 3 days in advance and refrigerated until required.
- Gorgonzola dolce is softer, milder and sweeter than natural gorgonzola cheese.