

Slow-cooked beef petite tender with shiitake sauce

Serves 4

Ingredients

BEEF

- **4 pieces** of beef petite tender, **150 g** each
- Olive oil, salt and black pepper

SHIITAKE JUS

- Shiitake mushrooms, roughly chopped
- **1** shallot, sliced
- **1** garlic clove
- **1 sprig** of rosemary
- **1 sprig** of thyme
- **100 ml** red wine
- **400 ml** beef stock
- A splash of olive oil
- Black pepper and salt if needed
- **20 g** cold butter, cubed

Method

SHIITAKE JUS

1. Heat a splash of olive oil and fry the shiitake until golden. Add the shallot and fry briefly.
2. Pour in the red wine. Add the garlic, black pepper, rosemary and thyme and reduce to a third. Add the beef stock.
3. Strain the jus. Off the heat, whisk in the cold butter and adjust the seasoning if needed.

BEEF

4. Take the beef out of the fridge an hour before searing. Preheat the oven to 80 °C.
5. Brush the beef with olive oil. Sear it on all sides in a hot pan and transfer to a baking tray. Season with salt and pepper.
6. Cook in the oven until the centre reaches 58 °C. Let the meat rest briefly, then slice and serve with the jus.

EQUIPMENT

Frying pan, saucepan, sieve, baking tray, pastry brush and probe thermometer.