

Slow-cooked flat iron steak

With a garlic jus

Serves 4

Ingredients

MEAT

- **700 g** flat iron steak
- olive oil
- pepper
- **1 tsp** smoked salt

SAUCE

- ½ shallot
- **4 cloves** garlic
- **1 sprig** rosemary
- **1** small tin tomato purée
- **200 ml** beef stock
- dash of olive oil
- **2 tbsp** balsamic vinegar
- **1 tbsp** sugar
- **100 ml** red wine
- salt and pepper

Method

SAUCE

1. Finely chop the shallot, garlic and rosemary.
2. Heat a little olive oil in a saucepan and fry the shallot and garlic. Add the tomato purée and fry briefly to take the acidity off.
3. Add the sugar, balsamic vinegar, red wine, rosemary and stock and reduce by half.
4. Season with salt and pepper.

MEAT

5. Preheat the oven to 80 °C and heat a frying pan.
6. Brush the meat with olive oil.
7. Briefly sear the meat on all sides in the hot pan and transfer it straight to an ovenproof dish or baking tray.
8. Season with pepper and smoked salt and cook in the oven to a core temperature of 58 °C: nicely pink (medium).

TO FINISH

9. Also check the doneness by pressing the meat: it should feel springy.
10. Slice the meat and divide it over the plates with the sauce and garnishes.

EQUIPMENT

Knife, chopping board, saucepan, pastry brush, frying pan, ovenproof dish or baking tray, meat thermometer