



Chawanmushi, Beef Tartar, Shitake



Rezept für 4

Ingredients

6 eggs
3 tbsp seasoned soya
sauce
3 tbsp mirin
75 ml dashi
120 g beef tenderloin
60 g shitake mushrooms
Tabasco
White balsamic vinegar
Olive oil
Salt, pepper
Sesame oil
4 soufflé dishes

Preparing

Wash and quarter the shitake mushrooms, then sauté in sesame oil and allow them to drip-dry from a sieve. Grease the soufflé dishes and distribute the shitake mushrooms evenly. Combine the eggs with soya, mirin and dashi, and whisk. Following this, run it through a fine sieve and season to taste with a little salt and pepper. Divide the egg mixture among the dishes and cook in the Combi-Steam MSLQ at Steam 80 degrees for 15-17 minutes. Allow to cool slightly. Finely slice the beef tenderloin using a knife. Season to taste with salt, pepper, olive oil, white balsamic vinegar and Tabasco.



Anrichten

To serve

Place the beef tenderloin on top of the creamy egg mixture and garnish with cress.

Cooking level

With Preheat

15-17 minutes | Steam setting at 80 °C