



Elk fillet with gorgonzola sauce



Rezept für 4

Ingredients elk fillet

600 g elk fillet

Ingredients gorgonzola sauce

300 ml veal stock

70 g gorgonzola

50 ml cream

Ingredients cranberries

100 g fresh cranberries

80 g sugar

Ingredients cucumber

300 g cucumber

100 g sugar

200 ml vinegar

300 ml water

20 g mustard seed

Salt

Ingredients mashed potatoes

500 g floury potatoes

50 ml milk

200 g butter

Salt, nutmeg, pepper

Preparation elk fillet

Season the elk fillet well with salt and pepper and sear vigorously on all sides. Cook at 130 °C (convection) in the MSLQ for approx. 10 minutes, then leave to rest for around another 10 minutes or season the meat well and vacuum in the sous-vide pouch with a little butter. Then steam at 65 °C for 20 minutes and leave to rest. Sear the meat vigorously on all sides again in the foamy butter.

Preparation gorgonzola sauce

Mix the veal stock with the gorgonzola and bring to the boil with the cream. Allow the sauce to simmer gently for around 10 minutes and then strain. Season to taste with salt, pepper and a squeeze of lemon juice.

Preparation cranberries

Using the dough hook in a food processor, slowly stir the cranberries with the sugar until the sugar has completely dissolved. Then store in a jar.



Preparation cucumber

Grate the cucumber finely using a vegetable slicer. Combine the sugar, vinegar and water and bring to the boil, then season to taste with salt. Pour the stock over the cucumber, add the mustard seeds and vacuum-seal. Leave the cucumber in the marinade for approx. 1 hour, then strain the juice and leave the cucumber in a sieve to drain.

Preparation mashed potatoes

Peel and wash the potatoes and chop into large chunks. Place in salted water, cover and boil for 20-25 minutes. Drain, then steam off the excess moisture in an open pot over a very low heat. Bring the milk to the boil. Mash the potatoes well with a masher. Add the milk gradually and stir in the diced butter little by little. Season to taste with salt, pepper and nutmeg.