



# Wagyu flat iron



## To prepare the flat iron

Season the steak with salt and pepper, sear on all sides then vacuum-seal. Place in the preheated oven and cook for approx. 8 minutes at 68 °C with the steam setting. Leave to rest briefly then slice thinly.

## To prepare the ravigote

Finely chop the herbs and mix everything together.

## To prepare the pommes soufflées

Peel 2 floury potatoes and cut into slices 3 to 4 mm thick using a mandolin or a slicing machine. Cut into round shapes using a cutter, then deep-fry the pieces in vegetable oil at 140 °C, keeping them moving constantly until they pop up. Remove from the oil and leave to cool slightly. Finish by deep-frying again at 180 °C and salt lightly.

## Rezept für 4

### Ingredients for the flat iron

400 g Wagyu flat iron steak  
Salt  
Pepper

### Ingredients for the ravigote

50 ml Merlot vinegar  
1 shallot, finely diced (brunoise)  
1 tbsp capers, finely chopped  
Tarragon, fresh  
Chervil, fresh  
Parsley, fresh  
Mignonette pepper

### Ingredients for the pommes soufflées

2 potatoes, floury  
Vegetable oil  
Salt

### Ingredients for the pepper sauce

10 g green peppercorns  
10 g coriander  
10 g parsley  
50 g egg whites  
100 ml sunflower oil  
Salt

**To prepare the pepper sauce**

Mix the pepper, egg whites and herbs together and slowly incorporate the oil.  
Season with salt to taste.

**Cooking level**

Preheated Flat iron, 8 minutes | Steam setting at 68 °C