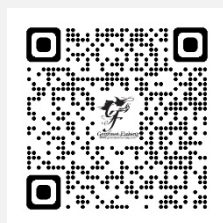




ESPAGNOLE SAUCE SOUS VIDE STEAK

Espagnole Sauce is one of the 5 Basic Mother Sauces of French Cooking

Gourmet Fishing
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Espagnole Sauce

4 Servings

2 Tbs Butter	1/2 tsp Agave Nectar to Taste
2 Tbs Flour	Salt to Taste
1 Cup Beef Stock	Cayenne Pepper to Taste
1 Sprig Thyme	
1 Sprig Rosemary	1/4 Cup Beef Stock, reserve
1 oz Red Wine	1/2 oz Sherry, reserve
1 oz Sherry	

Heat butter in a pan over medium heat until it bubbles. Add the flour and combine with a whisk. Reduce heat to medium low and slow cook down to a light brown roux.

Add the warm beef stock in three portions combining with a whisk each time. After the last, add the Sherry and combine to a smooth consistency. Taste and add the agave nectar if desired. Add the salt and Cayenne pepper and stir to combine. Bruise the thyme and Rosemary by lightly squeezing in your hand and add to your sauce. Stir and lower the heat to low and cook for about 15 minutes and stirring occasionally.

The sauce may thicken due to evaporation and you can thin it out with the reserve stock and Sherry.

Sous Vide Steak

2 Servings

(2) 10-12 ounce Ribeye Steak	1 Tbs Butter, divide
Salt to taste	Sprig Thyme
Garlic Powder, granulated, to taste	Sprig Rosemary
Black Pepper, to taste	

Set your precision cooker to 130°F and start to heat the water bath. Salt, pepper and garlic all side of the steak to your taste. Place the steak in a vacuum bag. Top one side of the steak with 1/2 Tbs of butter and the sprigs of Thyme. Flip the bag over so the thyme side is down and place the remaining butter on the steak. Place the Rosemary on top of the butter. Vacuum seal the bag and then pull the bag down slightly and reseal the bag. It's good to have a double seal on your bag.

When the water bath reaches 130°F, place the steak bag in the bath and set the timer for 60 minutes. This temperature is for a rare steak. Set the temperature to your doneness.

When the timer sounds, remove the bag from the bath. Heat a pan over a medium high heat. Remove the steak from the bag and pat both sides with a couple of paper towels. Add a little oil to the hot pan. When the oil is beginning to shimmer, carefully place the steak in the pan. Sear the steak for 30 to 45 seconds and turn and do the same for the other side. This is to get a nice sear on each side.

Plate the steak and top with the Espagnole Sauce, season to taste if necessary, and enjoy.