

MOUNT LEHMAN FARM  
**GRASS-FED**  
**BEEF** 

### **SOUS VIDE ROUND STEAK**

This recipe will literally turn a tougher cut like a ROUND ROAST into a \$200 dollar Steak that you would see on a menu at a steakhouse! Sous Vide to the rescue here. A little bit of time, and a few solid ingredients and you are going to look like a Chef to the family!

#### **Ingredients**

3-4lbs Round Roast – should yield 4-5 steaks  
2 tbsp Unsalted Butter  
5-6 sprigs Fresh Thyme  
2 cloves Garlic  
5-6 Whole Shiitake Mushrooms  
2 tbsp Mayonnaise  
1 tbsp Salted Butter per Steak  
2 tbsp Grapeseed Oil

#### **Let's Begin!**

1. Start by getting a large pot filled with enough water to submerge the Sous Vide Cooker and Cook Bag in. Turn on the Sous Vide machine and set to 128f with a 3hour 45min timer.
2. While the water comes to temp, lets get the steak ready to go. Start by slicing the roast into equal thickness steaks. From most roasts, you should be able to extract 4 or 5 steaks roughly 1.5" thick. A thicker cut steak will hold up better for the cooking here. Once the steaks are cut, place 2 in a water tight bag (you can use vacuum sealer bags, or even a ziplock bag using the water displacement method\*), placing the steaks so that they do no touch each other (this will allow for a more even cook on the meat). Into each bag will go 2 tbsp of Butter, 2 cloves of Garlic and Sprigs of fresh thyme. Try not to let the Garlic or Thyme touch the meat either.
3. Once everything is in the bag, seal it and place it into the water bath with the Sous Vide cooker. Cook the steaks for 3 hours in the water. When the time is up, pull the bag from the water and remove the steaks from the bag. Set on a board and allow to rest for 5 min.
4. Using a Carbon Steel pan, or Cast Iron, place it on HIGH HEAT and add the oil to the pan. Heat till the pan is beginning to smoke! REAL HOT! While you are waiting for this, use 1 tbsp of the Mayo and put that onto the surface of one side of the steak. Place the steak, Mayo down, into the hot oil. Let that sear for 2 min without moving it. While that's happening, use the last of the Mayo onto the other side. Flip and sear the other side now. Remove from the pan and allow to sit and rest for 5-6 min with the 1 tbsp of Salted Butter on top. This will melt and add another level of flavor!
5. Once resting time is up, slice 1/8" to ¼" thick against the grain. You're going to love it!

Enjoy!!

**Tips:**

- **Water Displacement Method:** Once everything is in the bag, close the zip lock to  $\frac{3}{4}$  and begin to submerge the bag into the water. The pressure from the water will push out the excess air in the bag, acting like a vac sealer. Once the air is out, close the bag up fully! Easy way to seal your bag without air!
- **Using Mayo on the Steak before you sear it:** Mayo is a fatty sugary substance, which means when it is placed on a high heat it will react with a mallard effect and “burn” or sear really well. Doing this on the beef allows you to create a great crust on the outside of the beef, while not changing the cook on the inside of it! You can use other things to achieve this like more oil, but I find that the Mayo tends to crust well and it really doesn’t affect the taste at all. Give it a shot!
- **Allow the Steak to rest after the sear:** this will allow the muscle fibers to relax and have the juices redistribute nicely. This will make for a more tender and juicy steak. Trust the process!
- **Temp of the Sous Vide:** I like this temperature for a few reasons. 1, because it always produces a beauty rosey red inside. 2, this temp allows for the breakdown of tight muscles and begins to tenderize the meat. 3, if someone wants their meat cooked just a bit more than the others, you can sear it a bit longer in the pan to adjust for them, but keeping the rest of the steaks at an even cook!