



Wagyu and Chicory Appetizer



590 kcal
(per serving)



70 min



This dazzling appetizer is perfect for parties. Using sous vide to make roast beef ensures perfect results every time. Enjoy the roast beef with a tart and refreshing dressing.

Makes 2 servings

Wagyu inside round	300 g
Rosemary	1 sprig
Chicory	20 g
Shaved parmesan cheese	6 g
Parsley	1 g
Salt	1/3 teaspoon
Olive oil	1 tablespoon

Dressing

Mustard	2 tablespoons
Apple cider vinegar	2 tablespoons
Olive oil	2 tablespoons

1. Blanch the Wagyu round in hot water at 50°C. Remove and wipe off moisture.
2. Heat olive oil in a frying pan. Season beef with salt and sear the meat over high heat for about 30 seconds each side.
3. Place beef, rosemary sprig, and olive oil in a heavy Ziploc bag. Remove air and seal closed.
4. In a large pot, heat up water to 60°C. Place the bag of meat in the water to sous vide at a steady low temperature. Remove the bag after 50 minutes. Take the meat out and wipe off any moisture.
5. Make the dressing. Whisk together the mustard, apple cider vinegar, and olive oil.
6. Cut beef into slices and season with salt.
8. Arrange slices of meat on a plate. Garnish with chicory leaves, shaved parmesan cheese, and parsley. Drizzle with the dressing.