

“Open Steak Sandwich” Toasted Brioche



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- Sub Category Name

Food

Savory

- Recipe Source Name

Real High Tea Australia Volume 2

Ingredients

“Open Steak Sandwich” Toasted Brioche Brioche

- 250g plain flour
- Pinch of salt
- 1 tsp instant dried yeast
- 1/2 cup milk
- 1 tbsp sugar
- 3 egg yolks, lightly beaten
- 75g softened butter

White Rocks veal sous vide

- 1 pc ‘White Rocks’ veal fillet, trimmed of all excess sinew
- Thyme sprigs

- Pinch white truffle salt
- Pinch black peppercorns, cracked
- 10ml olive oil

Red onion jam

- 80g butter
- 5 medium (about 900g) red onions, halved, thinly sliced
- Pinch of salt
- 100g brown sugar
- 185ml red wine vinegar

Quail eggs

- 12 quail eggs
- Seasoning to taste
- Olive oil

Methods and Directions

“Open Steak Sandwich” Toasted Brioche Brioche

- Warm milk and sugar, slightly stirring until sugar has dissolved, then allow to cool a little.
- Mix flour, salt and yeast in bowl of an electric mixer fitted with a dough hook. Combine egg yolks and warm milk mixture.
- Make a well in flour, then pour in liquid and mix to a dough. Work until dough forms a smooth ball, about 10 minutes. Continue beating while adding butter in two lots. The dough should be shiny and smooth and will come away cleanly from sides of bowl.
- Cover bowl with a clean cloth and leave dough to double in size in a draught-free place for about 2 hours. Knock back dough, tip onto workbench and briefly knead by hand. Place into lined loaf tin. Allow to rise again, covered, for 1 hour.
- Bake at 180°C for 30 minutes (15 minutes for individual brioches) or until well-risen and golden.

White Rocks veal sous vide

- Roll veal in salt, pepper and olive oil place in vacuum seal bag along with thyme sprigs and cook sous vide at 62°C for approx. 40 minutes.
- Place in fridge to cool.

Red onion jam

- Melt the butter in a large saucepan over medium-high heat until foaming. Add the onion and salt,

and cook, stirring, for 15 minutes or until soft.

- Add the sugar and cook, stirring, for 5 minutes or until sugar dissolves. Add the red wine vinegar and bring to boil.
- Reduce heat to low and simmer, uncovered, for 20 minutes or until the mixture thickens. Remove from heat and serve immediately.

Quail eggs

- Heat a non-stick frying pan add olive oil.
- Gently crack eggs a few at a time and fry gently until just cooked, season and then remove onto baking paper and set aside to cool.
- Cut out with pastry cutter to desired size.