

SAN DIEGO RESTAURANT WEEK

RECIPES

Sous Vide Short Rib

Courtesy of Twenty/20 Grill

Certified Angus Beef Short Rib - 2 1/4 lb

Unsalted Butter - 12 tbsp

Cauliflower – 1 head

Garlic Cloves – 16 each

Olive Oil - 16 oz

Heirloom Carrots - 12 each

Peas - 8 oz

Pearl Onions - 16 each

Mixed Mushrooms - 16 oz

Rosemary - 8 sprig

Thyme 8 - sprig

Salt - 20 tsp

Pepper - 20 tsp



Preparation

1. Set Immersion Circulator for 158*f and allow to start circulating.
2. Use 1 oz. of olive oil to rub short rib prior to seasoning with 1 tsp. of salt and pepper.
3. Sear Short Rib in hot pan until brown on all sides.
4. Place seared Short Rib into food saver bag with 2 tbsp unsalted butter, 1 sprig thyme, 1 sprig rosemary, and 1 clove garlic, then seal.
5. Add sealed bag into water bath and allow to circulate for 16 hours.

Cauliflower Puree

1. In a pot of boiling water blanch separated cauliflower until tender.
2. Add blanched cauliflower and 3 cloves garlic to blender and blend on high until smooth.
3. Add 1 tsp. of salt and pepper to puree.
4. Finish puree with 1 oz. olive oil, then reserve for plating.

Mushroom Demi

1. Using the liquid from the Sous Vide Short Rib, add 4oz. roasted mushrooms in small sauce pan.
2. Reduce liquid for 3 minutes before adding 1 tbsp. unsalted butter.
3. Sauce should coat back of spoon.

Roasted Vegetable

1. In a pot of boiling water, blanch heirloom carrots and peas for 3 minutes.
2. Add blanched carrot and pearl onions together with 1oz. olive oil and 1tsp. salt and pepper and roast at 350*f until lightly browned.
3. In separate pan add 4oz. mixed mushrooms, 1oz. olive oil, 1tsp salt and pepper, 1 sprig thyme and 1 sprig rosemary, and roast at 350*f for 10 minutes. Reserve for sauce.