

# Monante Cuisine



STEAK TARTAR WITH GUACAMOLE FILLING AND  
SOUS VIDE STEAK WITH MUSHROOM SAUCE

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1 tub of Lancewood Cream Cheese, plain.  
2 ripe avocados  
Lemon juice  
Salt and pepper

Mix cream cheese, avos, lemon juice and salt and pepper  
together till creamy but firm  
Mould into ball shape  
Take thin slice of sirloin, raw and wrap around the filling.  
Top it off with cubed avo, slice of radish and a chilli slice.

Sous Vide steak marinade  
2 cloves of fresh Garlic  
Olive oil  
Salt and Pepper  
8 sprigs of Thyme  
2 sprigs of Rosemary  
A generous serving of Worcestershire sauce

Prepare marinade and let the steak soak it up for approximately  
30minutes  
This steak is prepared Sous Vide, which means the steak is sealed in a  
ziploc bag and slowly 'boiled' in a temperature regulated water bath.

## Mushroom Sauce

1 punnet chopped mushrooms  
1 Onion, finely chopped  
2 Tbs Robertsons mixed herbs  
Lancewood cream cheese

With a little bit of olive oil, fry off the onions.  
Add mushrooms and mixed herbs.  
Mix in cream cheese and let it reduce  
Season to taste and serve with sous vide steak

