



## Sous Vide Mustard Top Round (best!)



Learning is on a curve, and this is another followup to the sous vide beef (sous vide london broil). This time I used a top round beef roast. I changed a few things up for this recipe, and I think it might just be the best sous vide beef yet!

1. The first step is to fully thaw the beef. When close to room temperature, I removed it from the packaging, dried it off with paper towels, and cut slits in it to insert garlic slivers.

2. This time, I brushed the entire cut with standard yellow mustard, then added salt and pepper. I normally season the beef after the sous vide process, but thought that doing this before hand would allow the flavor to absorb. I thought I might ruin the beef with yellow mustard, but found it is consistantly a good choice.

3. Vacuum-seal the beef, or if you do not have a vacuum sealer, you can put this in a ziploc bag, closing it with all of the air out of the bag.

4. Now off to the sous vide station; I set my Kitchen Boss to 132° for 6 1/2 hours. The temperature is the doneness and the time is the tenderness. I am using a top round here, so I need to tenderize it somewhat. Most charts say about 18 hours for this cut. I thought that would be excessive and turn the meat mushy, and used my own experience.

5. After 6 1/2 hours are up, I removed the beef from the sealed bag, and placed it in a cast iron pan with some butter. I did not remove the excess moisture from the meat as I did not want to remove any of the mustard.

6. I put the beef in an iron pan and brought it out side for torch searing. I had purchased a TS 8000 torch tip (used a TS 4000 last time) and believe me, it makes a huge difference. I've read recomendations everywhere for TS 8000 instead of TS 4000. I thought about looking for a flame spreader tip, but with the TS 8000, I do not need one.

When torch searing, I put the meat in an iron pan and took it outside and put it on the grill. I placed a small rock under one side to angle the pan. I added a nice

pad of butter to the pan, and the tilted pan allowed me to spoon the melted butter as it melts and pour it over the meat while I am searing.

I was overly pleased with the final result! I could taste all of the seasonings, and the mustard did not taste like mustard, but maybe the effect of using mustard seed. It was absolutely a positive addition. It was juicy, tender, and delicious!

As a final touch, I decided to make a wine reduction sauce. I sautéed 1 large sliced shallot in a splash of olive oil and a pad of butter. When the shallots were fully cooked, I added about half a bottle of cooking wine and simmered it down (reduced). I then added an additional pad of butter, some cream (just enough to lighten the color), salt and pepper. I also threw in a sprig of fresh thyme. After tasting, I stirred in a pinch of brown sugar. I simmered all total for about 20 minutes until it started to thicken. I then strained everything, and used the liquid to spoon over the slices of beef.

I love beef, and I think this is my best tasting roast ever. I really can't think of anything else I can do to improve it!

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