

EYE OF THE ROUND SOUS-VIDE

(adapted from [Anova Culinary](#))

3lbs eye of round beef roast

1/3 cup mustard

2 Tbsp vegetable oil

1.5 Tbsp black pepper

1.5 Tbsp kosher salt

Set a water bath to 131F.

Season beef liberally with salt and pepper. Cover beef with yellow mustard massaging it well all over the surface.

Heat a cast iron pan over medium-high heat with 1Tbsp vegetable oil.

Once pan is hot, sear beef on all sides until golden brown. Remove from pan, place in a bag suitable for sous-vide cooking. You can seal using vacuum or use water displacement. Place in water bath, cook for 24 hours.

Remove meat from bag, and heat a cast iron pan on medium-high with 1 tablespoon oil. Once hot, quickly sear beef on each side until golden brown (about 1 minute per side). Once done, place on a plate to rest for a few minutes.

Slice the beef into 1/2 inch slices.