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BITE OF THE WEEK

Sous Vide Beef Meets Broccoli at The Bristol



Zabuton steak at The Bristol

When **Sean Pharr of The Bristol** in Chicago got his hands on a cut of beef that had flavor, a good yield and didn't require a ton of tricks, he went a step further and made it downright sublime. *Zabuton* steak, a single muscle cut from the short rib that means "cushion" in Japanese, is silky all on its own, but reaches tender new heights after a 12-hour turn in a 58-degree C sous vide bath of thyme and butter. "I ran about a dozen tests on different times and temperatures, and we picked the one we liked best," says Pharr of the silky, fat-laden cut known as the chuck tail flap in the U.S. Accompanying the generous slices is wild rice with a candy onion *soubise*, a bright green broccoli olive oil mousse and beef *jus* flavored with burnt garlic and star anise for a dish that's raised the bar for beef and broccoli.

— *Liz Grossman*

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SEPTEMBER 2015