

Beef flank, red wine and shallots sauce, green beans in a garlic cream

Recette pour 4 personnes



Description

Brasserie parisienne feeling for a nice dish of the day.

L'idée déco

You could also use some veal flank, it's a little harder to find but it's pretty tasty.

Ingrédients

For the beef flank

- 4 Unit(s) Beef flank steak
- 6 Unit(s) Shallot
- 500 Ml Red wine
- Vegetable oil
- Salt and pepper
- Butter

For the green beans

- 600 Gr Green beans
- 2 Unit(s) Garlic
- 250 Ml Cream 35%
- 4 Sprig(s) Parsley
- Vegetable oil
- Salt and pepper
- Butter

Préparations

Temps de préparation **30 mins**

For the preparations

Chop the parsley, minced the shallots finely and hull the green beans.

For the beef flank

In a hot pan with vegetable oil cook the shallots for 5 minutes, deglaze with the red wine and cook it the wine get totally evaporate, salt and pepper. Put salt and pepper on both sides of the flank. In a hot pan with vegetable oil, pan sired the flank on both sides until you get a nice coloration and reserve it on on a baking tray with parchment paper.

For the green beans

Poached the garlic on a slow heat for 20 minutes and get it smooth with the hand blender. In a big pot of salty and boiling water, blanched the beans for 4 to 6 minutes and shock it in icing water. In a pan, melt a little bit of butter to sauté the beans, finish it with the garlic cream, salt and pepper.

For the plating

Put the flank in the oven for 4 minutes, put a nice bunch of beans in the middle of the plate, slice the flank and put it on the side, garnish the flank with the shallots and the beans with the parsley.

Bon appétit!