

# Pan seared beef flank, Sichuan pepper and tarragon butter, white bean and olive oil purée

**Recette pour 4 personnes**



## **Description**

Pan seared beef flank finished in the oven, served with a tarragon and Sichuan pepper butter, garnished with a white bean and sundried tomatoes purée.

## **Ingrédients**

For the beef flank

- 4 Unit(s) Beef flank steak
- 0.50 Unit(s) Tarragon
- 5 Ml Sichuan pepper
- 60 Gr Butter
- Salt and pepper
- Olive oil
- Vegetable oil

For the white beans purée

- 1 Unit(s) White beans (540ml)
- 2 Unit(s) Garlic
- 4 Sprig(s) Thyme
- 500 Ml Chicken stock
- Salt and pepper
- Olive oil
- Vegetable oil

Garnish

- 10 Unit(s) Sundried tomatoes
- 1 Unit(s) White onion
- 4 Sprig(s) Parsley

- Salt and pepper
- Olive oil
- Vegetable oil

## **Préparations**

Temps de préparation **30.00 mins**

For the preparations

Chop the tarragon and grind the Sichuan pepper. Dice the onion finely, chop the garlic and the thyme. Finely chop the sundried tomatoes and strain the white beans.

For the beef flank

Season the beef flank on both sides. In a hot pan with vegetable oil, sear the flank on both sides and reserve it on a baking sheet with parchment paper. In a bowl, combine the butter with a spatula by adding the tarragon and the Sichuan pepper, roll it in plastic wrap and reserve in the fridge.

For the white bean purée

In a hot pan with olive oil, sweat the garlic, the onion and the thyme. Add the white beans and cover it lightly with chicken stock. Cook for 10 minutes on a medium heat, then purée it in a blender making sure there's not too much stock, we don't want the purée to be liquid. Season it, add some olive oil and the sundried tomatoes.

For the plating

Put the flank back in the oven for 6 minutes, and remove once you achieve the desired doneness, then let it rest and slice it. Slice the butter 1 cm thick. On a flat plate, put two tablespoon of purée and pull it to make a nice decoration, put the flank strips on the side and top it with the butter.

**Bon appétit!**