

# Beef Flank Steak, shallot jam with red wine, port wine and balsamic vinegar Maille, fried oyster mushrooms and green asparagus

**Recette pour 4 personnes**



## Description

Pan seared beef flank with shallots confit in red wine, served with asparagus and mushrooms.

## L'idée déco

The cooking time will give a medium rare cooking, for rare cook it two minutes less and for a medium well two minutes more.

## Ingrédients

The ingredients

- 4 Unit(s) Beef flank steak
- 4 Unit(s) French shallot
- 250 Ml Red wine
- 1 Bunch(es) Green asparagus
- 500 Gr Oyster mushroom
- 4 Sprig(s) Thyme
- 2 Clove(s) Garlic
- 50 Ml Port wine
- 30 Ml Maille balsamic vinegar
  
- Olive oil
- Vegetable oil
- Salt and pepper

## Préparations

Temps de préparation **45.00 mins**

The preparations

Chop the shallots, the thyme and the garlic. Clean the oyster mushrooms and cut it in half, remove 3

cm of the bottom of the aspergus and cut it in half.

#### The beef flank

Season the steak on both sides, in a hot pan with vegetables oil sear both sides until coloration, reserve it on a baking tray with a parchment paper.

#### The sauce

In a pan with oliv oil, sweat the shallots, deglaze with red wine, the port wine and the balsamic and reduce it completely.

#### The vegetables

In a big pot of salty boiling water, blanche the asparagus, strain it and refresh it. In a hot pan with olive oil, sear the oyster mushrooms, add the thyme and the garlic, continue to cook it, add the asparagus and reserve.

#### The plating

Put the beef flank in the oven on 400°F for 7 minutes, and let it rest for 3 minutes. Slice the flank in big stripes, put it on a plate of your choice, the vegetables on the side nicely and finish with the sauce.

**Bon appétit!**