

Beef sirloin flambéed with cognac, served with a celery root purée and lemon edamame beans

Recette pour 4 personnes



Description

A nice cut of beef flambéed with cognac. Served with a celery purée with caramelized onions, lemon butter edamame as well as and old-style mustard sauce.

L'idée déco

It's important to rest the meat once it has been cooked. This step will ensure that the juices redistribute around the meat it will stay juicy and tender.

Ingrédients

Boston beef steaks

- 440 Gr Beef strip loin
- 60 Ml Cognac
- 2 Unit(s) French shallot
- 200 Ml Veal demi-glace
- 75 Gr Maille grain mustard
- 35 Ml Canola oil
- 4 Pinch(es) Fleur de sel
- 4 Turn(s) White pepper

- Salt and pepper

Celery root and caramelized onion purée

- 1 Scoop(s) Celeriac
- 35 Ml Canola oil
- 1 Unit(s) White onion
- 1.50 Liter(s) Chicken stock
- 50 Gr Butter

- Salt and pepper

Soybeans

- 300 Gr Edamame (soybeans)
- 50 Gr Butter
- 0.50 Zest Lemon

- Salt and pepper

Préparations

Temps de préparation **30 mins**

Préchauffez votre four à 425 F°

Service

In the middle of the plate, drop two dollops of purée and draw the back of a spoon through to make a nice design.

Place the steak on top and top with a bit of sauce.

Sprinkle the soybeans around the plate for decoration.

Soy beans

In a pot of boiling salted water, plunge the soybeans for 6 minutes until they are tender.

Once cooked, drop them in an ice bath to help set the color and lock in the nutrients.

When you are ready to eat, add the soy beans to a pan with a little bit of butter to warm through, season with salt and pepper and add the lemon zest.

Celery root and caramelized onion purée

In a hot casserole, drizzle a little bit of vegetable oil and sauté the onions until they caramelize. Once they are caramelized, add the celery root and cover with the hot chicken stock. Cook for 15 minutes until the celery root is tender.

Drain the liquid (make sure to keep some aside) and purée in the food processor until smooth. If the mixture is too thick, add a little bit of stock to make it smooth.

Add the cubes of butter and mix well. Adjust the seasoning with salt and pepper.

Boston steak

Season the meat with salt and pepper.

In a really hot skillet, sear the steaks on both sides to seal in the juices and flavors.

Add the cognac to the pan and set the alcohol on fire. When the flames subside, place the meat on a cooking tray and cook in the oven for 3-4 minutes until you get the desired doneness.

Using the same pan, reduce the heat to medium, add the shallots and cook until they are soft and translucent.

Add the veal stock, bring to a boil and cook for a few minutes to reduce to sauce-like consistency. Add the grainy mustard and keep reducing the sauce until you reach the desired consistency. Adjust the seasoning and serve.

Preparation

Finely chop the french shallot.

Peel the celery root and cut into cubes around 1 in.

Finely dice the onion.

Prepare the chicken stock and bring it to a soft boil.

Bon appétit!