

AAA flank steak, herb crust, squash and marinated onions, red wine and honey sauce.

Recette pour 4 personnes



Description

A nice flank steak, covered with a fresh herb crust. Accompanied by mashed butternut squash and pickled onions. Garnished with a red wine reduction.

Ingrédients

Flank steak

- 4 Unit(s) Beef flank steak
- 35 Ml Canola oil
- Salt and pepper

Squash and marinated onions

- 1 Unit(s) Butternut squash
- 1 Unit(s) Onion
- 1 Clove(s) Chopped garlic
- 50 Ml White vinegar
- 50 Gr Sugar
- 65 Gr Butter
- 25 Ml Olive oil
- Salt and pepper

Herb crust

- 1 Tsp Thyme
- 1 Tsp Parsley
- 1 Tsp Chives
- 2 Tbsp Japanese breadcrumbs (panko)
- 25 Ml Olive oil

- Salt and pepper

Red wine sauce

- 1 Tbsp Honey
- 100 Gr Red wine

- Salt and pepper

Préparations

Temps de préparation **30 mins**

Preparation

Peel the squash, remove the seeds and cut it into 1 cm cubes. Finely slice the red onion. Mince the thyme, finely chop the parsley and chives.

Marinated onions

Place the onions in a mixing bowl. In a sauce pot, bring the vinegar and sugar to a boil, then pour on the onions. Cover with plastic wrap and let marinate at room temperature for 2 hours.

Squash

In a large pot, place a nub of butter and olive oil. Sauté the squash for a few minutes on medium-high heat. Add a pinch of salt, pepper and a teaspoon of minced garlic. Reduce the heat. Deglaze with white wine and let cook down for 3-5 minutes. Once the cubes are nice and tender, remove them from the heat and set aside.

Herb crust

In a food processor, combine the herbs, panko, 1 teaspoon of minced garlic, salt and pepper as well as a tablespoon of olive oil. Blend and set aside.

Flank steak

In a hot skillet, add a thread of vegetable oil. Sear the beef on both sides. Transfer to a baking sheet and then brush the top side with old-style mustard. Sprinkle with the herb crust mixture. Cook in the oven for 5-6 minutes, until cooked to your liking.

Red wine sauce

In a sauce pot, bring the wine and honey to a boil, then reduce the heat and cook down for 5-15 minutes, until you reach the desired consistency. Ideally it should coat the back of a spoon.

Bon appétit!