

Pan seared hanger steak, sauce vierge, sautéed fingerlings potatoes, asparagus tips salad

Recette pour 4 personnes



Description

Beef hanger steak served with fresh asparagus and crispy fingerlings potatoes.

Ingrédients

For the beef

- 4 Piece(s) Hanger steak
- 125 Ml Canola oil
- 2 Nut(s) Butter
- 4 Pinch(es) Fleur de sel
- 4 Turn(s) White pepper
- 3 Sprig(s) Thyme

For the virgin sauce

- 75 Gr Blue cheese
- 35 Gr Pine nuts
- 0.50 Box(es) Cherry tomatoes
- 1 Clove(s) Chopped garlic
- 0.50 Bunch(es) Parsley
- 1 Unit(s) Lemon juice
- 75 Ml Olive oil

For the asparagus salad

- 0.50 Bunch(es) Green asparagus
- 0.50 Unit(s) Lemon juice
- 1 Unit(s) Lemon zests
- 0.50 Bunch(es) Chives
- 15 Ml Mustard seeds

- 30 Ml Olive oil
- 3 Turn(s) White pepper
- 2 Pinch(es) Salt

For the fingerlings

- 10 Unit(s) Fingerling potatoes
- 2 Sprig(s) Thyme
- 50 Gr Duck fat
- 5 Turn(s) White pepper
- 3 Pinch(es) Fleur de sel
- 2 Clove(s) Garlic

Préparations

Temps de préparation **45 mins**

For the mise en place

Cut the cherry tomatoes in quarters.

Chop the garlic and the parsley.

Roast the pine nuts in the oven.

Crush the blue cheese.

Chisel the chives.

In a hot pan with vegetable oil, sear the seasoned flank on both sides until coloration, then set aside on a baking tray.

For the virgin sauce

In big bowl, mix the cherry tomatoes, the garlic, the pine nuts, the parsley, olive oil and lemon juice, add the blue cheese before serving. Fix the seasoning.

For the fingerlings

Cut the potatoes in half lengthwise. In a hot pan with duck fat put the potatoes on the flesh side, when you get a nice coloration add the smashed garlic and the thyme, then cook them in the oven for 30 to 40 minutes.

Asparagus salad

Blanche the asparagus in a big pot of salty boiling water, then transfer directly to an ice bath and strain once cooled. Put it in a bowl with the chives, the mustard, the lemon juice and the zest, olive oil and mix it well with salt and pepper.

For the plating

Finish the cooking of the flank steak for 5 minutes in the oven, and then let it rest for 2 minutes. In a big plate put some asparagus on the side, put the sliced meat on the side and finish with the fingerling potatoes. Top it with a couple parsley leaves and a pinch of sea salt.

Bon appétit!