

Beef sirloin, maître d'hôtel butter, sautéed green beans and shallot

Recette pour 4 personnes

Description

Seared sirloin beef, served with a parsley and garlic butter and served with green beans and shallots sautéed in butter, garnished with cherry tomatoes.

L'idée déco

You can prepare your maître d'hôtel butter one day in advance so that it hardens up well in the plastic wrap and then cut some slices to be placed on the rib eye steaks.

Ingrédients

For the beef sirloin with matre d'hôtel butter

- 4 Piece(s) Sirloin steak
- 80 Gr Salted butter
- 6 Sprig(s) Parsley
- 1 Clove(s) Garlic

- Butter
- Salt and pepper
- Vegetable oil

For the green beans

- 600 Gr Green beans
- 2 Unit(s) Shallot
- 200 Gr Cherry tomatoes

- Butter
- Salt and pepper
- Vegetable oil

Préparations

Temps de préparation **30 mins**

Préchauffez votre four à 400 F°

General preparation

Cut the shallots into thin slices. Chop the parsley. Chop the garlic. Cut green beans into 2 or 3 wedges. Cut the cherry tomatoes in half.

Maître d'hôtel butter preparation

Work the butter so that it gets a creamy texture, then add the parsley and the chopped garlic. Transfer the butter in a pastry bag fitted with a star tip. Alternatively, you can roll it in plastic wrap, forming a cylinder, then refrigerate at least a few hours.

Sirloin steak preparation

Season the sirloin steaks with salt and pepper. In a hot pan with a drizzle of vegetable oil, color the beef 1-2 minutes per side to get a golden brown coloration, then cook over medium heat to reach your desired degree of doneness. You can also transfer your beef on a baking sheet and finish cooking it in the oven for about 3-5 minutes depending on thickness.

Green beans preparation

In a large saucepan of boiling salted water, cook your green beans a few minutes until they become al dente. Then plunge immediately into an ice water bath to stop cooking. Just before serving, heat a knob of butter in a pan and sweat the shallots for a few minutes, add the green beans and sauté them in butter a few minutes. Season with salt and pepper.

To serve

Arrange green beans in soup plates, garnish with half cherry tomatoes and place a rib eye steak on top. Serve a little bit of maître d'hôtel butter on top of the steak. Serve immediately.

Bon appétit!