

Beef, pork and chicken marinated then grilled, gratin dauphinois, Provençale style tomatoes

Recipe for 4 persons

Description

Three kinds of meat, enhanced with a marinade accompanied by gratin dauphinois as well as Provençale style tomatoes.

Ingredients

Grilled meat and marinade

- 4 Unit(s) Boneless chicken thigh
- 4 Piece(s) Pork tenderloin
- 4 Piece(s) Hanger steak
- 35 Gr Brown sugar
- 1 Leaf(ves) Bay leaf
- 1 Tsp Paprika
- 1 Tsp Coriander seeds
- 2 Pinch(es) Espelette pepper
- 1 Clove(s) Chopped garlic
- 4 Sprig(s) Parsley

- Vegetable oil
- Salt and pepper
- Butter

Gratin dauphinois

- 6 Large Yukon gold potatoes
- 1 Clove(s) Chopped garlic
- 2 Sprig(s) Thyme
- 250 Ml 35% cooking cream

- Vegetable oil
- Salt and pepper
- Butter

Provençale style tomatoes

- 2 Unit(s) Tomato
- 0.50 Cup(s) Japanese breadcrumbs (panko)
- 2 Tbsp Softened butter
- 2 Sprig(s) Flat parsley
- 2 Clove(s) Chopped garlic
- 2 Sprig(s) Thyme

- Vegetable oil
- Salt and pepper
- Butter

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

Preparation

Cut the beef into 60 gr portions as well as the pork. (You can ask your butcher to do this)

Peel the potatoes.

Mince the garlic. Remove the leaves from the thyme. Cut a clove of garlic in half and then rub the inside of the gratin roasting pan with the garlic. Then, rub the inside of the pan with butter.

Finely slice the parsley.

Meat and marinade

Place all of the ingredients other than the meat in a food processor and blend. In a mixing bowl, combine the meat, blended ingredients as well as 300ml of olive oil.

Cover the bowl with plastic wrap and transfer to the fridge until ready to cook.

Remove excess marinade from the meat and then sear them on a BBQ or indoor grill. Once you reach a nice color, transfer the meat to separate baking sheets. When ready to serve, place the chicken in the oven for 7-8 minutes, the pork for 5-6 minutes and the beef for 3 minutes.

Gratin dauphinois

Once peeled, slice the potatoes with a mandolin as thinly as possible, ideally 0.5mm.

In a bowl, combine the potatoes with salt, pepper, minced garlic, thyme and the 35% cream.

Combine well, making sure none of the potatoes are stuck together.

Transfer the potato and cream mix into your prepared baking pan

Start by cooking in the oven for 35 minutes, then use a knife to test if the potatoes are cooked.

They should have a nice light golden color on the top.

Provençale style tomatoes

Cut the tomatoes in two lengthwise and then season with salt and pepper.

Combine all of the other ingredients in a mixing bowl (panko, butter, thyme, parsley and garlic)

Sprinkle the panko mix evenly over the surface of the tomatoes, transfer to a baking sheet and bake for roughly 25 minutes.

Plating

On a flat plate, place the meat side by side on side of the plate. Place a nice serving of the gratin dauphinois beside the meats. Finish the dish by placing some of the tomato mixture here and there and garnish with some young greens.

Bon appétit!