

# Grilled hangar steak with a giant shrimp, fingerling and sweet potatoes as well as candied lemon and parsley

**Recette pour 4 personnes**



## **Description**

A surf and turf duo accompanied by potatoes aromatised with confit lemon and fresh thyme.

## **L'idée déco**

The lemon confit in this recipe is the marinated savory ones and not the sweet version.

## **Ingrédients**

### Protein

- 4 Unit(s) Hanger steak
- 4 Unit(s) Jumbo shrimps
- 4 Pinch(es) Espelette pepper
  
- Olive oil
- Vegetable oil
- Salt and pepper

### Potatoes

- 1 Unit(s) Sweet potatoes
- 12 Unit(s) Fingerling potatoes
  
- Olive oil
- Vegetable oil
- Salt and pepper

### Persillade

- 10 Sprig(s) Parsley
- 1 Unit(s) Preserve lemon
- 1 Unit(s) Lemon
- 2 Clove(s) Garlic
- Olive oil
- Vegetable oil
- Salt and pepper

#### Red wine sauce

- 150 Ml Red wine
- 1 Unit(s) Shallot
- 2 Sprig(s) Thyme
- 150 Ml Veal demi-glace
- Olive oil
- Vegetable oil
- Salt and pepper

### **Préparations**

Temps de préparation **60 mins**

Préchauffez votre barbecue à 500 F°

#### Preparation

Slice the fingerling potatoes and cut the sweet potatoes into cubes. Finely slice the shallot and garlic. Remove the seeds from the confit lemon. Juice the lemon. Remove the leaves from the parsley. Finely mince the thyme. Remove the vein and shell from the shrimp and combine with the Espelette pepper. Temper the beef.

#### Persillade

Place the parsley, lemon confit and garlic in your food processor. Blend to get a nice texture and then add the lemon juice and olive oil. Set aside.

#### Garnish

In a mixing bowl, combine the potatoes. Season with salt, pepper and vegetable oil. Transfer to a baking sheet and then to the barbecue. Mix every 10 minutes or so to avoid burning one side. Combine with the persillade before serving.

#### Sauce

Place the thyme, shallots and red wine in a sauce pot. Reduce by half and then add the demi-glace sauce and continue to reduce until you reach the desired consistency.

## Grilling

Season the steak generously with salt and pepper. Sear the steak for about a minute on each side on the hottest part of your grill. Transfer the steak to a cooler part of the grill and cook indirectly until you reach an internal temperature of 50°C. Let the meat rest before serving.

Grill the shrimp using the same technique as with the steak, but cook until you reach an internal temperature of 65°C. The shrimp does not need to rest.

## Plating

In a deep plate, place the vegetable garnish in the center. Place the protein on top and finish with a nice drizzle of sauce.

**Bon appétit!**