

# Beef tab seized with fleur de sel, butter with French shallots

## Recette pour 4

### Description

Richness of the butter and the shallots, mixed with the meat and the fleur the sel. Simple, yet hard to get any better than this.

### L'idée déco

As it is in the family of compound butters, the shallot one can be altered with anything or any flavors you like. Respect the same basics and steps we did.

### Ingrédients

#### Beef

- 4 Unit(s) Hanger steak
- 15 Gr Butter
- 20 Ml Canola oil

#### Shallot butter

- 3 Unit(s) French shallot
- 250 Ml Port wine
- 200 Gr Softened butter
- 5 Sprig(s) Chives
- 4 Pinch(es) Fleur de sel
- 4 Turn(s) Black peppercorns

### Préparations

Temps de préparation **20 mins**

Préchauffez votre à 400 F°

Temps de repos ? **5 mins**

#### Mise-en-place

Finely cut the shallots and the chives the thinnest you can while making sure that the butter's texture is pommade (softened, creamed).

#### Shallot butter

In a cast iron pan, if possible, on medium high heat with a little bit of vegetable oil, gently colour the shallots 2-3mins then deglaze with the Porto. Lower down the heat to medium and let all the mixture become almost dry. Once the mixture is all tempered, blend it all in together with the pommade butter, add in the chives and the pepper. Give it the shape you want and then reserve it in the fridge.

#### Beef cooking

Again, in a cast iron pan, if you have, 1 tbl spoon of vegetable oil on high heat, sear the meat on all its surfaces. Put it on a cooking tray covered with a piece of parchment paper and cook it in the oven at 400F for 5-7mins. Let it rest, very important.

**Bon appétit!**