

Beef flank, with red wine and shallots sauce, green beans in a garlic cream |

Recipe for 4 servings

Description

A Parisian brasserie feel for a pretty dish of the day.

Note

You can also use veal flank steak, which is rarer but just as delicious.

Ingredients

Beef

- 4 Portion(s) Beef flank steak
- 300 Gr French shallot
- 300 Ml Red wine
- Butter
- Salt and pepper

Beans

- 300 Gr Green beans
- 2 Clove(s) Garlic
- 250 Ml Cream 35%
- 4 Sprig(s) Parsley
- Butter
- Salt and pepper

Preparation

- Preparation time **40 mins**
- Preheat your **oven** at **400 F°**
- Resting time **5 mins**

Setting up

Chop the parsley and finely chop the shallots.

Remove stalks from beans.

Beef

Sauté shallots in vegetable oil for 5 minutes, deglaze with red wine and cook until completely evaporated, season with salt and pepper. Season the flank steaks on both sides with salt and pepper. In a hot frying pan with vegetable oil, sear the flank steak on both sides until nicely colored, then set aside on a baking sheet lined with parchment paper.

Beans

Poach the garlic in the cream over a low heat for 20 minutes. Smooth with a hand-held food processor. In a large volume of salted water, blanch the beans for 4 to 6 minutes, then refresh. In a frying pan, foam a little butter and brown the beans. Finish with the garlic cream and season with salt and pepper.

On the plate

Place the flank steak in the oven for 4-5 minutes and leave to rest for 3 minutes, then place the beans in the center of the plate. Slice the flank steak and place it on its side, then garnish the meat with the shallots and the beans with the parsley.

Bon appétit!