

Beef hanger steak, port and green pepper sauces, green bean bundle, blue cheese mashed potatoes

Recipe for 4 persons

Description

Beef hanger steak, cooked to perfection, served with a port sauce as well as a green pepper sauce, blue cheese mashed potatoes and a prosciutto wrapped bundle of green beans.

Ingredients

Beef hanger

- 4 Unit(s) Hanger steak
- 600 Gr Yukon gold potatoes
- 50 Gr Butter
- 50 Gr Blue cheese
- 25 Ml Cream 35%
- 200 Gr Green beans
- 4 Slice(s) Prosciutto

- Vegetable oil
- Salt and pepper
- Butter

Port sauce

- 200 Ml Veal stock
- 100 Ml Port wine
- 1 Unit(s) French shallot
- 2 Clove(s) Garlic
- 1 Sprig(s) Thyme
- 50 Gr Butter

- Vegetable oil
- Salt and pepper
- Butter

Green pepper sauce

- 2 Unit(s) French shallot
- 2 Clove(s) Garlic
- 400 Ml Veal stock
- 50 Ml Cognac
- 15 Gr Green pepper seeds
- 60 Ml Cream 35%
- 50 Gr Butter

- Vegetable oil
- Salt and pepper
- Butter

Preparation

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

Preparation

Finely chop the shallots, garlic, thyme and rosemary. Peel the potatoes then cut them into cubes, place them directly into a pot of cold water.

Beef and rosemary port sauce

Season the beef with salt and pepper. In a hot pan, drizzle with vegetable oil and sear the beef over high heat for 2 minutes on each side. Place them on a baking sheet. Cook in the oven for 4-5 minutes.

In the skillet used to sear the meat, place a knob of butter and sweat the chopped shallot over low heat. Deglaze with port, add the rosemary and let reduce over low heat for 2 minutes. Add the demi-glace and simmer until it thickens a bit.

Pepper sauce

In a hot sauce pot with a bit of butter, sweat the shallots, add the pepper and garlic then deglaze with cognac and flambé it. Add the demi glace and cook for 4-6 minutes on medium, then add the cream and reduce to the desired consistency.

Blue cheese mashed potatoes

Bring the potatoes to a boil with a pinch of salt and simmer over medium heat for 20-25 minutes until tender. Drain. Mash them with a potato masher. Gradually mix in pieces of blue cheese, add a knob of butter and hot milk. Add salt and pepper to taste and set aside.

Green bean bundles

Bring a pot of salted water to a boil. Blanch your green beans for a few minutes, until they are al dente, you want them to have a crunch still. Strain them and drop them into an ice bath. Make 4 nice bunches of beans and then roll them in a slice of prosciutto.

Sear the bunches in a skillet then transfer them to an oven proof tray and reheat in the oven for 3-4 minutes.

Plating

With the help of a ring mold, place the mashed potatoes in the center of your plate. Place the beef on top, make a coma of either sauce on each side. Place the bean bundle beside the beef.

Bon appétit!