

Beef hanger with fresh thyme, roasted garlic sauce, arugula salad and parmesan dressing

Recipe for 4 persons

Description

Pan seared beef hanger served with red wine reduction flavored with roasted garlic and a small arugula salad dressed with Parmigiano Reggiano dressing.

Note

You can finish cooking the beef hangers in the pan over medium-low heat when you have small amounts. When entertaining many guests, finishing to cook your meat in the oven allows you to serve all the guests at the same time if you have only one pan.

Ingredients

For the beef hanger

- 4 Unit(s) Hanger steak
- 2 Sprig(s) Thyme
- 0.50 Unit(s) Head of garlic
- 180 Ml Red wine
- 50 Gr Butter
- Vegetable oil
- Salt and pepper

For the arugula salad

- 4 Handful(s) Arugula salad
- 2 Unit(s) Shallot
- 2 Unit(s) Italian tomatoes
- 30 Gr Parmigiano reggiano
- 30 Ml White balsamic vinegar
- 1 Unit(s) Egg
- 5 Ml Dijon mustard
- 45 Ml Vegetable oil
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

General preparations

Cut tomatoes in quarters, finely mince the shallot. Cut off the top of the garlic head, drizzle with olive oil and wrap in aluminum. Cook in the oven for 25 minutes or until the pulp is golden.

For the beef hanger

Using a paring knife, make little incisions in your meat and insert small pieces of thyme and season with salt and pepper. Heat a non-stick pan, drizzle a little bit of vegetable oil and sear the beef hangers on both sides. Place your meat on a baking tray and finish cooking in the oven for 8 à 10 minutes, remove from the oven and rest 5 minutes. Sweat half the shallots in the same pan. Deglaze your pan with red wine and reduce half of the liquid. Add in the roasted garlic pulp, add a the butter, remove from the heat and mix well.

For the parmesan dressing

In a bowl, put the mustard and the egg yolk, whisk it by adding the vegetable oil gently, until you get a nice mayo, finish with salt and pepper. In a bowl, place the leftover minced shallot, mayonnaise, vinegar and parmesan. Mix well. Mix the arugula and the tomatoes with the dressing at the last moment.

For the plating

Place the arugula in a small bowl and serve on a plate with the beef hanger drizzled with the roasted garlic sauce.

Bon appétit!