

Beef hanger, with roasted fingerling potatoes, mushrooms fricassée with garlic and béarnaise sauce |

Recipe for 4 servings

Description

A typical French dish.

Note

The béarnaise sauce doesn't support the high heat, you should always do it à la minute and serve it right away.

Ingredients

For the beef hanger

- 4 Unit(s) Hanger steak
- Salt and pepper
- Vegetable oil

For the mushrooms fricassée

- 125 Gr Button mushrooms
- 125 Gr Shiitake
- 2 Unit(s) Garlic
- 4 Sprig(s) Parsley
- 2 Sprig(s) Thyme
- Salt and pepper
- Vegetable oil

For the fingerling potatoes

- 500 Gr Fingerling potatoes
- Salt and pepper
- Vegetable oil

For the béarnaise sauce

- 100 Ml White wine vinegar
- 100 Ml White wine
- 75 Gr Shallot
- 1 Unit(s) Egg
- 100 Gr Butter
- 4 Sprig(s) Tarragon
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **60 mins**
- Preheat your **oven** at **400 F°**

For the preparations

Cut the potatoes in slices. Cut the shallots finely, chop the parsley, the garlic and the thyme. Brush the mushrooms and minced it. Remove the leaves of the tarragon and keep the stems. In a pan, melt the butter really slowly and keep only the top part, which is the clarified butter.

For the béarnaise sauce

In a pan, sweat the shallots, add the vinegar and the tarragon stems, let it reduce. Add the white wine reduce again and strain it. In a bowl on a bain marie, put the reduction and the egg yolks,

whisk it until it gets really foamy, and continue whisking by adding the clarified butter gently, finish with salt, pepper and the chop tarragon.

For the mushrooms

In a hot pan with olive oil, sweat the garlic with the thyme, add the mushrooms and cook it for 3 to 4 minutes, finish with the parsley, and keep it warm.

For the fingerling potatoes

Put the potatoes on a baking tray, with a nice drizzle of olive oil, salt and pepper, and roast it in the oven for 30 minutes.

For the beef hanger

Put salt and pepper on both sides of the hangers. In a hot pan with vegetable oil, seared the hangers on both sides for a nice golden brown coloration, and reserve it on a baking tray with parchment paper.

For the plating

Put the hangers in the oven for 3 to 4 minutes, take it out and leave it rest for 2 minutes, and slice it. In a flat plate, put the potatoes in the middle, the mushrooms on the side, top it with the hanger and finish with the sauce.

Bon appétit!