

# Country bread toast, beef flank steak and balsamic caramelized onions |

## Recipe for 12 tapas

### Description

Slices of toasted country bread with olive oil and fresh thyme, garnished with thin slices of flank steak just seared on caramelized onions stewed in Montréal steak sauce mix.

### Note

Flank steak is a very tasty piece of beef that is better served rare to enjoy a maximum tenderness.

### Ingredients

#### For the caramelized onions

- 300 Gr White onion
- 1 Tsp Montreal steak sauce mix
- Salt and pepper
- Vegetable oil
- Olive oil

#### For the country bread toasts

- 4 Slice(s) Country bread
- 2 Sprig(s) Thyme
- Salt and pepper
- Vegetable oil
- Olive oil

#### For the flank steaks

- 400 Gr Beef flank steak
- 40 Gr Parmigiano reggiano
- 3 Sprig(s) Parsley
- Salt and pepper
- Vegetable oil
- Olive oil

### Preparation

- Preparation time **40 mins**
- Preheat your **four** at **400 F°**

#### General preparation

Finely slice the onion. Chop the parsley. Chop the thyme. Using a peeler, prepare a few shavings of Parmesan. Mix the Montréal steak sauce mix in the water, bring it to boil and let it cook for 3 minutes on medium heat.

#### For the caramelized onions

In a pan, drizzle some olive oil and cook the onion over medium heat for 15 to 20 minutes until they start to caramelize. Season with salt and pepper then add the Montréal steak sauce, and let it reduce a little bit.

### Country bread toasts preparation

Place the slices of bread on a baking sheet. Brush with olive oil. Season with salt and pepper and sprinkle with chopped fresh thyme. Bake 4 to 5 minutes. Bread should be lightly browned. Let it cool before cutting into squares.

### Flank steak preparation

Season the flank steaks with salt and pepper. In a pan, drizzle some vegetable oil and sear the steaks for 2 minutes each side over high heat. Transfer on a baking sheet and finish the cooking in the oven for 4-5 minutes until rare. Let stand at least 5 minutes before cutting the meat in square.

### To serve

Scoop a small amount of caramelized onions on a toasted country bread. Then lay a thin strip of flank steak. Garnish with some chopped parsley and a shaving of parmesan.

**Bon appétit!**