

Flank Steak with shallots and fresh thyme roasted new potatoes |

Recipe for 4 persons



Description

Classic French bistro recipe, beef flank steak served with a shallot and red wine sauce and fresh thyme roasted new potatoes.

Note

In order to prepare this recipe in a quickie 30 minutes, use pre-cooked potatoes. You can prepare a classic beurre marchand de vin by cooking shallots in red wine and then mixing everything with soften butter, off the heat.

Ingredients

For the roasted new potatoes

- 600 Gr Baby potatoes
- 4 Sprig(s) Thyme
- 1 Clove(s) Garlic
- 12 Sprig(s) Chives
- Salt and pepper
- Vegetable oil
- Olive oil

For the shallots flank steaks

- 500 Gr Beef flank steak
- 4 Unit(s) Shallot
- 180 Ml Red wine
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

General preparation

Chop the shallots and chives. Finely chop the thyme. Chop the garlic finely. Cut the beef into steaks.

Roasted new potatoes preparation

Precook the new potatoes whole in a large volume of salted water for 10 to 12 minutes. Drain, cut into quarters and place them on a baking sheet. Cover them with a drizzle of olive oil. Season with salt and pepper and sprinkle with thyme. Roast potatoes in the oven for 10 minutes. Add the chopped garlic and chives and mix well.

Shallots flank steak preparation

Season the flank steaks with salt and pepper. Heat a skillet with a drizzle of vegetable oil and brown them on both sides. Finish cooking in the oven for about 5 minutes for rare cooking. In the same skillet, add shallots and sweat them a few seconds. Pour the red wine and bring to a boil, and reduce by 1/3.

To serve

In each plate, serve the new potatoes using a ring mold and place your flank steak on the side. Drizzle the steak with the shallot sauce.

Bon appétit!