

Pan seared hanger steak, Sichuan pepper and tarragon butter, white bean and olive oil purée

Recipe for 4 persons



Description

Pan seared beef hanger steak, served with a tarragon and Sichuan pepper butter, garnished with a white bean and sundried tomato purée.

Ingredients

For the beef hanger

- 4 Unit(s) Hanger steak
- 0.50 Unit(s) Tarragon
- 5 Ml Sichuan pepper
- 60 Gr Butter
- Olive oil
- Vegetable oil
- Salt and pepper

For the white beans purée

- 1 Unit(s) White beans (540ml)
- 2 Unit(s) Garlic
- 4 Sprig(s) Thyme
- 500 Ml Chicken stock
- Olive oil
- Vegetable oil
- Salt and pepper

Garnish

- 10 Unit(s) Sundried tomatoes
- 1 Unit(s) White onion
- 4 Sprig(s) Parsley
- Olive oil
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

For the preparations

Chop the tarragon and grate the Sichuan pepper. Dice the onion finely then chop the garlic and the thyme. Finely dice the sundried tomatoes and strain the white beans.

For the beef hanger steak

Season the beef hanger on both sides. In a hot pan with vegetable oil, sear the hanger on both sides and transfer to a baking sheet lined with parchment paper. In a bowl, work the butter with a spatula by adding the tarragon and the Sichuan pepper then roll it in saran wrap and transfer to the fridge.

For the white bean purée

In a hot pan with olive oil, sweat the garlic, the onion and the thyme. Add the white beans and cover lightly with chicken stock. Cook for 10 minutes on medium heat, then purée in a blender making sure there's not too much liquid, we don't want the purée to be too runny. Season to taste then add some olive oil and the sundried tomatoes.

For the plating

Put the hanger back in the oven for 6 minutes, and slice it. Slice the butter to give you 1 cm size discs. On a flat plate, put two tablespoon of purée, put the hanger strips on the side and top the beef with the butter.

Bon appétit!