

AAA beef flank steak, sauce vierge, mashed potatoes with truffle oil

Recipe for 4

Description

Note

You can add a little green salad on the side and use your BBQ to grill the meat!

Ingredients

Flank steak

- 4 Piece(s) Beef flank steak
- 50 Ml Canola oil
- 2 Nut(s) Butter
- 4 Pinch(es) Sea salt flakes
- 4 Turn(s) White pepper
- 3 Sprig(s) Thyme

Virgin sauce

- 75 Gr Blue cheese
- 35 Gr Pine nuts
- 0.50 Box(es) Cherry tomatoes
- 1 Clove(s) Chopped garlic
- 0.50 Bunch(es) Parsley
- 1 Unit(s) Lemon juice
- 75 Ml Olive oil

Mashed potatoes

- 600 Gr Yukon gold potatoes
- 45 Gr Butter
- 45 Ml Milk
- 15 Sprig(s) Chives
- 10 Ml Truffle oil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven or BBQ** at **425 F°**
- Resting time **10 mins**

Prep

Cut the cherry tomatoes in quarters.

Chop the garlic and the parsley.

Roast the pine nuts in the oven.

Crush the blue cheese.

Chisel the chives.

For the virgin sauce

In big bowl, mix the cherry tomatoes, the garlic, the pine nuts, the parsley, olive oil and lemon juice, add the blue cheese before serving. Season with salt and pepper.

Mashed potatoes with truffle oil

Place the potatoes in a sauce pot with cold salted water and bring it to a boil. Cook for 15 minutes. Once the potatoes are cooked, strain them and then mash them with the butter and milk. Add the chives and season with salt, pepper and the truffle oil.

Flank steaks

In a hot pan with vegetable oil, sear the seasoned flank on both sides until coloration, then set aside on a baking tray.

Bake in the oven for few minutes or in the BBQ (indirect cooking)

Plating

Serve in a round warm plate; pour a large spoon of puree and add the steak. Cover with a spoon of virgin sauce.

Bon appétit!