

# Bavette de boeuf, beurre à l'estragon et poivre de Sichuan, purée de haricots cocos à l'huile d'olive

**Recipe for 4 pers**

## **Description**

## **Note**

The milk used to cook the beans can be replaced by vegetable or poultry stock.

Before serving your meat, let it rest for five minutes before placing it on the plate.

## **Ingredients**

- 4 Unit(s) Beef flank steak
- Olive oil
- Vegetable oil
- Salt and pepper
- Butter
- 150 Gr Butter
- 2 Sprig(s) Tarragon
- 3 Turn(s) Sichuan pepper
- Olive oil
- Vegetable oil
- Salt and pepper
- Butter
- 1 Unit(s) White beans (540ml)
- 200 Ml Milk
- 1 Clove(s) Chopped garlic
- Olive oil
- Vegetable oil
- Salt and pepper
- Butter

## **Preparation**

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

## Installation

Thin out the leaves and chop the tarragon, then peel and mince the garlic.

## Bib

Season the flank steak with salt and sear in a hot frying pan with oil and a knob of butter.

Once nicely colored on both sides, let the meat rest in the oven for 5 to 7 minutes before serving.

## Tarragon butter

Whip the butter, add the chopped tarragon and ground Sichuan pepper.

Add a pinch of salt and shape into a sausage using cling film. Set the butter aside in the fridge.

### Coconut bean

In a saucepan with olive oil, sweat the garlic and thyme.

Add the coconut beans and cover lightly with the milk, topping up with water if necessary. Cook for 10 minutes over medium heat.

Then puree in a blender with the olive oil, salt and pepper.

Be careful with the amount of cooking liquid. The purée should not be too liquid.

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**Bon appétit!**