

Beef flank, green beans, shallots and chives Porto butter, parsnip puree and sauce marchand de vin.

Recipe for 4 persons



Description

Beef flank, Kenya green beans, shallots and chives Porto butter, parsnip puree and sauce marchand de vin.

Note

Flank steak is best when eaten rare or medium rare. If it is cooked any more, it has a tendency to feel tough and dry. If you prefer your meat to be well cooked. It's best to opt for a different cut such as the strip or the filet mignon.

Ingredients

Beef flank and butter shallots

- 4 Unit(s) Beef flank steak
- 3 Unit(s) French shallot
- 15 Gr Butter
- 20 Ml Canola oil
- 250 Ml Port wine
- 200 Gr Softened butter
- 5 Sprig(s) Chives
- 4 Pinch(es) Sea salt flakes
- 4 Turn(s) White pepper

- Salt and pepper

Kenya green beans and parsnip puree

- 6 Unit(s) Parsnip
- 50 Ml 35% cooking cream
- 20 Gr Butter
- 5 Ml Nutmeg
- 600 Gr Green beans

- Salt and pepper

Red wine sauce

- 3 Unit(s) French shallot
- 250 Ml Veal demi-glace
- 30 Ml Red wine vinegar
- 125 Ml Red wine
- 3 Sprig(s) Thyme

- 5 Turn(s) Freshly ground black pepper
- 3 Pinch(es) Sea salt flakes
- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **425 F°**

Preparation

Finely chop the French shallot and the chives. Bring the butter up to room temperature. (you can put it in the microwave in 10 second increments.) Peel the parsnip and cut it into cubes. Remove the tail of the string beans.

Flank steak and Porto sauce

In a small sauce pan, slowly cook the shallots with the butter and the oil. Once they are sweated and translucent, add the Porto and reduce on low heat until has almost evaporated. Let the preparation cool to room temperature and mix it in the room temperature butter. Roll the butter in log to cut and place on the meat later or using a pastry bag make nice star shape pieces of butter and let them solidify in the fridge or freezer. Season with salt and pepper. In a hot pan, using vegetable oil, sear the flank steak on both side until it is golden brown on each sides. Transfer to a baking tray and finish cooking in the oven for 5-6 minutes depending on the desired doneness. Once the meat is cooked, let it rest on the counter for 2 minutes before cutting into.

String beans and Parsnip purée

In a sauce pan, warm up the cream and the butter, in another sauce pan boil the parsnips for 30 minutes than drain the water. Using a blender mix the parsnips, the warm cream and butter. Finish with the salt, pepper and nutmeg. Bring a sauce pan of salty water to boil, blanch the beans for 5 minutes than quickly cool them down in cold water, drain the water than stir fry them in butter. Add salt and pepper.

Red wine sauce

In a warm fry pan, stir fry the shallots and the wine in a mix of butter and canola oil. Deglaze with the vinegar, reduce to half than add the red wine, reduce again than add the demi-glace. Cook for few minutes, add salt and pepper.

To serve

In a large round plate, put a spoon of purée and stretch it with a spoon, slice the meat and place on the side, do the same with the beans. Put a slice of butter on top of the meat than finish the plate with the sauce.

Bon appétit!