

Beef Hanger Steak, shallot jam with red wine, port wine and balsamic vinegar Maille, fried oyster mushrooms and green asparagus

Recipe for 4 persons

Description

Pan seared beef hanger with shallots confit in red wine, served with asparagus and mushrooms.

Note

The cooking time will give a medium rare cooking, for rare cook it two minutes less and for a medium well two minutes more.

Ingredients

The ingredients

- 4 Unit(s) Hanger steak
- 4 Unit(s) French shallot
- 250 Ml Red wine
- 1 Bunch(es) Green asparagus
- 500 Gr Oyster mushroom
- 4 Sprig(s) Thyme
- 2 Clove(s) Garlic
- 50 Ml Port wine
- 30 Ml Maille balsamic vinegar

- Olive oil
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **45 mins**

The preparations

Chop the shallots, the thyme and the garlic. Clean the oyster mushrooms and cut it in half, remove 3 cm of the bottom of the asparagus and cut it in half.

The beef hanger

Season the steak on both sides, in a hot pan with vegetable oil sear both sides until coloration, reserve it on a baking tray with a parchment paper.

The sauce

In a pan with olive oil, sweat the shallots, deglaze with red wine, the port wine and the balsamic and

reduce it completely.

The vegetables

In a big pot of salty boiling water, blanch the asparagus, strain it and refresh it. In a hot pan with olive oil, sear the oyster mushrooms, add the thyme and the garlic, continue to cook it, add the asparagus and reserve.

The plating

Put the beef hanger in the oven on 400°F for 7 minutes, and let it rest for 3 minutes. Slice the hanger in big stripes, put it on a plate of your choice, the vegetables on the side nicely and finish with the sauce.

Bon appétit!