

Country bread toast, hanger steak and balsamic | caramelized onions

Recipe for 12 tapas



Description

Slices of toasted country bread with olive oil and fresh thyme, garnished with thin slices of hanger steak just seared on caramelized onions stewed in balsamic vinegar.

Note

Hanger steak is a very tasty piece of beef that is better served rare to enjoy a maximum tenderness.

Ingredients

For the caramelized onions

- 400 Gr White onion
- 30 Ml Balsamic vinegar
- Salt and pepper
- Vegetable oil
- Olive oil

For the country bread toasts

- 4 Slice(s) Country bread
- 2 Sprig(s) Thyme
- Salt and pepper
- Vegetable oil
- Olive oil

For the flank steaks

- 400 Gr Hanger steak
- 30 Gr Parmigiano reggiano
- 3 Sprig(s) Parsley
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

General preparation

Finely slice the onion. Chop the parsley. Chop the thyme. Using a peeler, prepare a few shavings of Parmesan.

For the balsamic caramelized onions

In a pan, drizzle some olive oil and cook the onion over medium heat for 15 to 20 minutes until they start to caramelize. Season with salt and pepper then add the balsamic vinegar and chopped garlic.

Country bread toasts preparation

Place the slices of bread on a baking sheet. Brush with olive oil. Season with salt and pepper and sprinkle with chopped fresh thyme. Bake 4 to 5 minutes. Bread should be lightly browned. Let it cool before cutting into squares.

Hanger steak preparation

Season the hanger steaks with salt and pepper. In a pan, drizzle some vegetable oil and sear the steaks for 2 minutes each side over high heat. Transfer on a baking sheet and finish the cooking in the oven for 4-5 minutes until rare. Let stand at least 5 minutes before cutting the meat in square.

To serve

Scoop a small amount of caramelized onions on a toasted country bread. Then lay a thin strip of hanger steak. Garnish with some chopped parsley and a shaving of parmesan.

Bon appétit!