

Flank steak à la bourguignonne, new potatoes

Recipe for 4 persons

Description

Cubes of beef flank steak sauteed and accompanied by a typical garnish from Burgandy: bacon, mushrooms and pearl onions.

Note

Be careful not to cook the meat too long in the sauce so that it retains its tenderness coming from its rare cooking.

Ingredients

For the flank steak à la bourguignonne

- 600 Gr Beef flank steak
- 50 Gr Smoked bacon
- 227 Gr Mushroom
- 100 Gr Frozen pearl onions
- 2 Leaf(ves) Bay leaf
- 2 Sprig(s) Thyme
- 4 Sprig(s) Parsley
- 3 Tbsp Flour
- 250 Ml Red wine

- Vegetable oil
- Salt and pepper

For the new potatoes

- 600 Gr Baby potatoes

- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**

General preparation

Cut mushrooms into quarters. Cut the beef into large cubes of 3 cm and the bacon into small pieces. Chop the parsley. Cut the potatoes into quarters.

New potatoes preparation

Cook potatoes in a large saucepan of boiling salted water about 12 to 15 minutes until just tender.

For the flank steaks à la bourguignonne preparation

In a large hot skillet, cook the bacon until crisp and golden. Set aside in a bowl on paper towels. In the same pan, use the bacon fat to cook the mushrooms over high heat until they are colored, add the flour and cook 1 minute more while stirring. Set aside with the bacon. Then add the pearl onions in the pan with a little water, a pinch of salt and sugar and a knob of butter. Let simmer until liquid has evaporated to glaze them. Meanwhile, in another hot pan, drizzled with vegetable oil, sear the beef cubes to brown them well on all sides. Season with salt and pepper. Set aside in a bowl. Deglaze the pan with red wine, bring to a boil add the thyme and bay leaf and cook until reduced by

half. Add the garnish in the wine sauce, bring to boil while stirring to thicken it with the flour coating the mushrooms. Then add the beef. Adjust the seasoning.

To serve

Place a few quarters of potatoes at the bottom of a soup plate. Add a few pieces of beef over the potatoes and pour the sauce à la bourguignonne. Garnish with chopped parsley.

Bon appétit!