

Flank steak seared with orange, caramelized onions with ginger, curry mayonnaise and country bread - Virtual Workshop Version

Recipe for 2 portions

Description

Country bread toast topped with ginger perfumed onions and thin slices of orange marinated flank steak.

A simple and perfect recipe for a wonderful diner.

Note

This recipe is just perfect for being served as an aperitif.

Ingredients

Flank steak

- 1 Unit(s) Beef flank steak
- 1 Unit(s) Orange
- Salt and pepper
- Vegetable oil

Onions

- 0.50 Unit(s) Onion
- 1 Tsp Fresh ginger
- 1 Tbsp Soy sauce
- Salt and pepper
- Vegetable oil

Mayonnaise and garnish

- 2 Tbsp Mayonnaise
- 1 Tsp Curry powder
- 1 Unit(s) Green onion
- Salt and pepper
- Vegetable oil

Country bread

- 2 Slice(s) Country bread
- Salt and pepper
- Vegetable oil

Preparation

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

Things to do before the workshop

Ingredients

Wash the vegetables and the orange.

Pell the onion.

Equipment list

1 cutting board, 1 chef kinfe, 1 paring knife

1 pan with lid
1 mixing bowl (mayonnaise), 1 lemon juicer
1 zest grater
Kitchen towels, tablespoons (tasting)
1 pair of tong, 1 large spoon
1 Ziploc bag

Preparation with the chef

Slice thinly the onion.

Chop the green onion.

Mix the mayonnaise with the curry powder.

Place the flank steak in the Ziploc bag, add the juice and the zest of the orange. Leave to marinate at room temperature.

Season the bread with salt, pepper and oil before passing it in the oven for 7-8 minutes.

Flank steak and caramelized onions

Remove the flank steak from the bag and strain it,

Sear the meat in a hot pan with vegetable oil, 2-3 minutes maximum.

Once the meat is removed from the pan, add the onions and caramelize them. In the last minute of cooking, add the grated ginger and the soy sauce.

Plating

Spread the caramelized onion on top of the bread, then add the beef steak slices.

Garnish with a little bit of mayonnaise and some green onion slices.

Bon appétit!