

Gourmet beef hanger toast AAA cooked on charcoal; country bread, candied onion and arugula, Parmesan spicy mayo

Recipe for 2 portions



Description

A slice of country style bread, toasted and garnished with confit onions and smoked Beef tenderloin. Accompanied by an arugula salad.

Note

If you do not have a plancha, you can always do the onions in a pan on your stove top.

Ingredients

Beef

- 150 Gr Beef flank steak
- 50 Ml Soy sauce
- 50 Ml Balsamic vinegar

- Butter
- Salt and pepper
- Olive oil

Onions

- 1 Unit(s) Onion
- 1 Clove(s) Garlic
- 2 Sprig(s) Thyme

- Butter
- Salt and pepper
- Olive oil

Bread and garnish

- 2 Slice(s) Country bread
- 1 Handful(s) Arugula leaves

- Butter
- Salt and pepper
- Olive oil

Mayonnaise

- 3 Tbsp Mayonnaise
- 0.50 Tsp Chili paste (sriracha)
- 0.50 Tbsp Grated parmesan

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **barbecue** at **500 F°**
- Resting time **30 mins**

Things to do before the workshop

Ingredient

Peel and chop the garlic.

Wash the vegetables.

Equipment list

1 cutting board

1 chef knife + 1 paring knife

2 mixing bowls

1 pair of tongs

1 wooden spoon

1 pastry sheet + parchment paper

1 pan

Preparation with the chef

Cut the beef into 2 portions and leave to marinate in a mixing bowl with the soy sauce and balsamic vinegar.

Grate the parmesan.

Mince the onions and mince the thyme.

Cooking the beef

Remove the beef from the marinade and remove the excess liquid with the help of paper towel.

Sear the beef on all sides on the hottest part of your barbecue. Finish cooking the beef with indirect heat by lowering the heat of the barbecue or placing them on the upper rack of the barbecue. You want the internal temperature to read 48° C.

Let the beef rest for 3 minutes before serving.

Onions

On your plancha or in aluminium foil, gently cook the onions with the thyme, salt and pepper. Let the onions caramelize lightly.

Mayonnaise

In a bowl, place the mayonnaise, delicately add the sriracha, add more if necessary, finish with the Parmesan.

Adjust the seasoning with salt and pepper. Store the sauce in the refrigerator until ready to serve.

Bread and plating

Rub the bread with the olive oil and grill on the barbecue.

On each piece of toast, place the onions followed by the beef, mayonnaise and garnish with arugula.

Bon appétit!