

Grilled hanger steak, Béarnaise sauce, garlic mashed potato espuma, and green beans |

Recipe for 4 servings

Description

A french classic using modern techniques to delight your guests.

Note

In the summertime, grill the steaks on your BBQ.

Ingredients

Hanger steak

- 4 Unit(s) Hanger steak
- 4 Pinch(es) Sea salt flakes
- 4 Turn(s) Fresh ground black pepper

- Salt and pepper
- Vegetable oil

Béarnaise sauce

- 100 Gr Slightly salted butter
- 1 Unit(s) Egg yolk
- 1 Unit(s) French shallot
- 1 Tbsp Tarragon
- 1 Tsp Chervil
- 75 Ml White balsamic vinegar
- 1 Tsp Ground pepper
- 2 Tbsp Water

- Salt and pepper
- Vegetable oil

Garlic mashed potatoes

- 400 Gr Yukon gold potatoes
- 1 Head(s) Garlic
- 50 Gr Butter
- 125 Ml Milk

- Salt and pepper
- Vegetable oil

Green beans

- 200 Gr Green beans
- 3 Clove(s) Chopped garlic
- 8 Sprig(s) Flat parsley

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **Four ou BBQ** at **350 F°**

Preparation

Remove the stems from the green beans, finely chop the garlic and parsley.

Peel and dice the french shallot. Separate the egg yolks from the whites. Remove the leaves from the tarragon stems.

Clarify your butter, heat it in a saucepan over low temperature until it starts to separate. Eventually all the milk solids will fall to the bottom and the top liquid will be golden and clear. Reserve this top

liquid (clarified butter), making sure leave behind any milk solids that are in the pan.

Hanger steak

Heat up some vegetable oil in a frying pan on medium high heat, season the beef with salt and pepper and sear all sides for 1-2 minutes, then place on a baking tray to finish in the oven for 7-8 minutes. Once out of the oven, let the meat rest for 4 minutes before cutting.

Béarnaise sauce

In a pot, reduce the french shallots, vinegar, half of the pepper, and tarragon over a medium heat. Once it becomes the consistency of a puree, take it off the heat and let it cool down. One by one, slowly add the egg yolks and 4 tablespoons of water, while mixing with a whisk. Once the sauce starts to thicken, slowly add your clarified butter while whisking the mixture vigorously. Once your sauce has thickened to a nice consistency, finish with the rest of the pepper. Season to taste.

Garlic mashed potato espuma

Drizzle enough olive oil to coat the peeled garlic, season with salt and pepper then wrap in tinfoil and place in the oven for 30 minutes, until golden.

Peel and chop the potatoes into medium sized cubes, cover in cold water, add salt, then bring to a boil for 20 minutes.

Test the potatoes with the tip of a knife, if it enters and exits without resistance they are fully cooked.

Mash the potatoes using a masher.

Bring the milk to a boil and add the garlic. Mix the milk and garlic with an immersion blender and pour the mixture onto the potatoes using a sieve to remove any large pieces of garlic.

Add butter to the potatoes and mix it until smooth.

Green beans

Bring a pot of salted water to boil (10g salt per liter), and cook the green beans for 5-8 minutes, depending on the size.

Once cooked, place the green beans into an ice water bath, stopping the cooking process and helping them keep their bright green colour.

Before serving, heat up a frying pan with butter and olive oil and quickly reheat the beans, adding the garlic and chopped parsley.

Season to taste.

Plating

On a flat, hot dish, place the sliced hanger steak nicely, spooning some Béarnaise sauce next to it. Place the green beans next to the sauce and meat.

Fill a separate bowl with your potato espuma just before serving.

Put a pinch of fleur de sel on your hanger steak, and some fresh cracked pepper on the mashed potatoes.

Bon appétit!