

Hanger steak, sea salt, sauce béarnaise with gratin Dauphinois |

Recipe for 4 portions

Description

Hanger steak, seasoned with sea salt served with a rich béarnaise sauce and a gratin dauphinois.

Note

The Béarnaise sauce is a classic sauce that goes well with red meat and fatty fishes like salmon, trout and haddock.

Ingredients

Steak

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

- Salt and pepper

Béarnaise sauce

- 175 Gr Slightly salted butter
- 2 Unit(s) Egg yolk
- 200 Gr French shallot
- 2 Tbsp Tarragon
- 100 Ml White vinegar
- 10 Turn(s) Ground pepper
- 40 Ml Water

- Salt and pepper

Gratin dauphinois

- 600 Gr Yukon gold potatoes
- 200 Ml Cream 35%
- 4 Clove(s) Garlic
- 20 Gr Butter

- Salt and pepper

Preparation

- Preparation time **20 mins**
- Preheat your **four** at **425 F°**

Preparation

Peel and finely chop the shallots. Separate the egg yolks and whites. Pick the leaves from the tarragon. Prepare de mignonette with the pepper. Melt your butter at low heat so that it clarifies (the milk separates from the fat). Peel the potatoes and then slice them with the help of a mandolin. Heat the cream with the garlic to infuse it for about 20 minutes on low heat.

Steak

Season your steaks on both sides. Heat a frying pan until quite hot. Place your oil or butter in the

pan, and then place the beef in the pan and sear for 1-2 minutes on each side. Remove from the pan and then place them on an oven proof dish and transfer to the oven for 7-8 minutes. Once you remove from the oven, let the meat rest for at least 4 minutes before serving.

Bearnaise sauce

In a pot, place the shallots, vinegar, half the black pepper and half the tarragon. Reduce the preparation by half and let it cool. Place this preparation into a bowl, add the egg yolks and a splash of water. Whisk the preparation until frothy. Place the bowl on top of a steam bath and start warming up the preparation. Start by adding the clarified butter slowly while whisking until the sauce is thick and consistent. Add the remaining tarragon and black pepper. Serve immediately.

Gratin dauphinois

Butter the ramequins and then place the slices of potato in them, season with salt and pepper. Pour the cream over the top of the potatoes and then place the ramequins in the oven for 30 minutes, or until the potatoes are cooked through.

Bon appétit!