

Herb crusted flank steak, mashed squash and marinated onions, red wine and honey reduction |

Recipe for 4 servings



Description

Flank steak with herbs and mustard accompanied by a reduction of wine with honey.

Note

Before you cook your meat, you should bring it to room temperature to reduce the cooking time and ensure more juiciness.

Ingredients

For the marinated onion

- 100 Gr Onion
- 100 Ml White vinegar
- 30 Gr Sugar
- Butter
- Salt and pepper

For the herb crust

- 1 Tsp Thyme
- 1 Tsp Parsley
- 1 Tsp Chives
- 4 Tbsp Japanese breadcrumbs (panko)
- 1 Clove(s) Garlic
- 25 Gr Butter
- Butter
- Salt and pepper

For the smashed squash

- 400 Gr Butternut squash
- 2 Clove(s) Garlic
- 50 Ml White wine
- Butter
- Salt and pepper

For the flank steak

- 4 Unit(s) Beef flank steak
- 4 Tsp Grainy mustard
- 150 Ml Red wine
- 1 Tbsp Honey
- Butter
- Salt and pepper

Preparation

- Preparation time **30 mins**

- Preheat your **Four** at **425 F°**

General preparation

Preheat your oven to 425°F. Thinly slice the red onion. Peel and remove seeds of the squash and cut it into small cubes.

Marinated onions preparation

Place red onion in a bowl. Bring vinegar and sugar to a boil and put it over onions. Cover bowl with saran wrap and let marinate for 2 hours at room temperature.

Écrasé squash preparation

In a large pan with a drop of oil and a knob of butter sauté squash on high heat for a couple of minutes. Lower the heat and season with salt and pepper. Add 1 tsp of chopped garlic and mix through. Add white wine and allow simmering for 3-5 minutes. Once tender, remove squash from the heat and keep warm.

Herb crust preparation

In a food processor combine herbs, panko and 1 tsp chopped garlic. Season with salt and pepper to taste and add 1 table spoon of olive oil to bind everything together. Keep to aside.

AAA flank steak and red wine reduction preparation

In a hot pan sear flank steaks on both sides and put on a cookie sheet. Spread mustard over each of the pieces of meat. Add the herb crust on each and bake in oven for 5-6 minutes. Meanwhile prepare the reduction. Bring to a boil the honey and the red wine. Lower the heat and simmer for 10-15 minutes. Wine must be thick enough to coat the back of a spoon.

To Serve

Mix together the squash and the marinated onions squashing slightly. Place in the center of a plate. Lay a piece of meat on top of squash and encircle with wine reduction.

Bon appétit!