

Marinated hanger steak, "macaire" potatoes, country style peas and nori seaweed, jasmine dried bonito

Recipe for 4

Description

In the spirit of bistronomy, this is surely an unusual recipe but quite simple to make.

Note

You can use flank steak instead of the hanger steak. For a total control of the cooking, you can use an immersion circulator.

Ingredients

Marinated hanger steak

- 2 Unit(s) Hanger steak
- 1 Unit(s) Onion
- 100 Gr Fresh ginger
- 3 Clove(s) Garlic
- 1 Tbsp Tomato paste
- 2 Tbsp Hoisin sauce
- 200 Gr Ketchup
- 50 Ml Soy sauce
- 1 Tsp Miso
- 250 Ml Vegetable oil

"Macaire" potatoes

- 1 Kg Russet potatoes
- 500 Gr Coarse salt
- 125 Gr Butter
- 20 Gr Clarified butter
- 4 Sprig(s) Chives

Peas

- 500 Gr Frozen green peas
- 2 Unit(s) Carrot
- 1 Unit(s) Boston lettuce
- 50 Gr Frozen pearl onions
- 20 Gr Softened butter
- 100 Gr Smoked bacon
- 500 Gr Jasmine tea
- 1 Unit(s) Bouquet garni
- 1 Leaf(ves) Nori seaweed

Last touch

- 15 Gr Bonito flakes

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Prep

Peel the onion, the ginger, the garlic and the carrot.

Finely dice the carrot.

Chisel the lettuce and the chive.

Cut the bacon in lardons.

Finely chisel the seaweed.

Marinated hanger steak

Ideally, put the steak to marinate the day before.

In a blender, put all the ingredients except the oil.

Start mixing and slowly add the oil to create an emulsion.

Pour the marinade on the steaks and set aside. You can also vacuum seal the steaks with the marinade to improve the effect of the marinade on the meat.

Remove the steaks from the marinade, sear the meat on both side in a hot pan.

Then place the steaks onto a grill onto a baking tray, when ready to serve, place them in the oven for about 6-7 minutes (rare)

"Macaire" potatoes

On a baking tray or a baking dish, pour the salt then lay the potatoes.

Cover with aluminum foil and place in the oven for 45 to 60 minutes.

Peel the potatoes, mash them incorporating the butter and the chive.

Season to taste, flatten the potato mix placing it in between two parchment paper sheets using a rolling pin aiming for a thickness of 3 cm. With a little cookie cutter, make little cylinders (2cm diameters)

Color them in a hot pan with clarified butter.

Peas

Mix the butter (it must be at room temperature) and the flour (beurre manié).

In a pan, cook the lardons with the onions.

Deglaze with jasmin tea, add the peas, the carrots and the bouquet garni. Leave to simmer for 10 minutes, turn the heat down to the lowest and add the beurre manié, stir and the lettuce and seaweed.

Season to taste.

Plating

Slice the steaks in three equal pieces.

In a plate, lay a generous spoonfull of peas.

PLace a few potatoes all around and the three pieces of steaks.

Sprinkle some bonito flakes to finish.

Bon appétit!