

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

## Recipe for 4

### Description

In the spirit of "bistro" cuisine, here's a recipe quite original but rather simple to make that will please your guests.

### Note

You can use flank steak instead. Use a thermal immersion circulator for a total control.

### 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
- 20 Gr Flour
- 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, ginger, garlic and carrot.

Finely dice the carrot.

Chisel the lettuce and the chive.

Cut the bacon in small strips.

Finely chisel the seaweed.

### Marinated hanger steak

Preferably, put the steak to marinate over night.

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

While blending, add slowly the oil to emulsify.

Pour on the steaks. Ideally, vacuum seal the meat and the marinade, flavors will combine and develop even better in oxygen free environment.

Remove the steaks from the marinade, sear them in a hot pan.

Place them then on a baking rack and put it in a hot oven for 6 to 7 minutes for a rare steak.

### "Macaire" potatoes

In a baking tray or a baking dish, sprinkle the salt and place the potatoes on the top.

Cover with tin foil and put it in the oven for 45 to 60 minutes.

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

Adjust the seasoning, spread the potatoes in a layer 3 cm thick using two parchment paper sheets and a rolling pin or just a spatula. Make cylinders using a ring mould of 2 cm diameter.

Fry them in a pan with a little clarified butter, make sure you have a good browning.

### Peas

Mix the butter and the flour ("beurre manié" or french kneaded butter).

In a pan, fry the bacon with the onions.

Deglaze with the jasmine tea, add the peas, the carrots and the bouquet garni. Simmer for 10 minutes, add the "beurre manié", mix, add the lettuce and the seaweed.

Adjust the seasoning and keep warm.

### Plating

Cut the steaks in 3 equal parts.

In a plate, place a heap tablespoon of peas.

Place some potatoes here and there around the peas and then the pieces of steak.

Finish with a generous sprinkle of dry bonito flakes.

**Bon appétit!**