

Pan seared beef hanger, Sichuan pepper and tarragon butter, white beans and olive oil purée

Recipe for 4 persons

Description

Pan seared hangar steak, served with a tarragon and Sichuan pepper butter, as well as a white bean and sundried tomato purée.

Note

You may add a little butter in the kidney bean purée for texture.

Ingredients

For the beef hanger

- 4 Unit(s) Hanger steak
- 0.50 Unit(s) Tarragon
- 5 Ml Sichuan pepper
- 75 Gr Butter

- Salt and pepper
- Olive oil
- Vegetable oil

For the white beans purée

- 1 Unit(s) White beans (540ml)
- 2 Unit(s) Garlic
- 4 Sprig(s) Thyme
- 500 Ml Chicken stock

- Salt and pepper
- Olive oil
- Vegetable oil

Garnish

- 10 Unit(s) Sundried tomatoes
- 1 Unit(s) White onion
- 4 Sprig(s) Parsley

- Salt and pepper
- Olive oil
- Vegetable oil

Preparation

- Preparation time **30 mins**

For the preparation

Chop the tarragon and grate the Sichuan pepper. Dice the onion finely, chop the garlic and the thyme. Finely dice the sundried tomatoes and strain the white beans.

For the beef hanger

Season the beef on both sides. In a hot skillet with vegetable oil, sear the hangar on both sides and transfer to a baking sheet with parchment paper. In a bowl, incorporate the tarragon and the

Sichuan pepper to the butter and then roll it in saran wrap and transfer to the fridge.

For the white bean purée

In a hot pan with olive oil, sweat the garlic, the onion and the thyme. Add the white beans and cover with the chicken stock. Cook for 10 minutes on medium heat, then purée it in a blender or food processor making sure there's not too much liquid, we don't want the purée to be liquid. Season it, add some olive oil and the sundried tomatoes.

For the plating

Put the hanger back in the oven for 6 minutes and then slice it. Slice the butter in 1 cm slices. On a flat plate, put two tablespoon of purée and pull it, put the hanger strips on the side and top it with the butter.

Bon appétit!