

Sliced flank steak, sea salt, with a Béarnaise sauce |

Recipe for 12 Tapas

Description

A delicious way to get introduced to this sauce that never goes out of style!

Note

The Béarnaise sauce is a classic sauce that accompanies well red meats and fatty fishes like salmon, trout and haddock.

Ingredients

Flank steak

- 800 Gr Beef flank steak
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) Fresh ground black pepper

- Salt and pepper

Béarnaise sauce

- 250 Gr Slightly salted butter
- 3 Unit(s) Egg yolk
- 200 Gr French shallot
- 2 Tbsp Tarragon
- 1 Tsp Chervil
- 100 Ml White vinegar
- 1 Tsp Ground pepper
- 4 Tbsp Water

- Salt and pepper

Preparation

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

Preparation

Peel and finely dice the shallots. Separate the eggs. Chop the tarragon. Crush the black Pepper. Clarify the butter (place in the microwave for 3 minutes until it is liquid. Wait 10 minutes for the buttermilk to sink to the bottom and keep the fat for the sauce.

Cooking the steaks

Place a pan on medium-high heat and season the steaks with salt and pepper on each side. Drizzle a little bit of vegetable oil and sear the meat on each side for 2-3 minutes (until golden brown and crunchy.) Place the pan in the oven for an extra 5 minutes and cook the meat until medium rare. Let it rest for 3 minutes before cutting into.

Béarnaise sauce

In a pot, place the shallots, vinegar, half the black pepper and half the tarragon. Reduce the preparation 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 bain-marie 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.

Bon appétit!