

# Sliced flank steak, sea salt, Béarnaise sauce, summer vegetables and thyme |

Recipe for 4 servings



## 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

- 4 Unit(s) Beef flank steak
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) Fresh ground black pepper
- Butter
- Salt and pepper
- Olive oil

### Béarnaise sauce

- 125 Gr Slightly salted butter
- 1 Unit(s) Egg yolk
- 100 Gr French shallot
- 1 Tbsp Tarragon
- 1 Tsp Chervil
- 100 Ml White vinegar
- 1 Pinch(es) Ground pepper
- 1 Tbsp Water
- Butter
- Salt and pepper
- Olive oil

### Summer vegetable

- 250 Ml Peas
- 150 Gr Nantaise carrot
- 8 Unit(s) Green asparagus
- 400 Gr Fingerling potatoes

- 2 Clove(s) Garlic
- 2 Sprig(s) Thyme
- Butter
- Salt and pepper
- Olive oil

## **Preparation**

- Preparation time **35 mins**
- Preheat your **oven** 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.

Peel the carrots and asparagus.

Slice the carrots in little sticks and cut the asparagus and the potatoes lengthwise.

### 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.

### Vegetables

In hot water. cook the peas for 6 to 8 minutes, drain and pour in ice cold water.

Do the same for the carrots.

Blanch the asparagus, cooking them for 2 to 3 minutes and then same thing, pour in ice cold water.

In a large pot with a dash of oil, cook the potatoes face down, once nice and brown, add garlic, thyme and salt. Bake in the oven for 15 minutes.

In a hot pan with oil and butter, rewarm the vegetables and season with salt and pepper

**Bon appétit!**