Beef flank in two sauces, port and green pepper, green beans, blue cheese mashed potatoes

Recipe for 4 persons

Description

Perfectly cooked flank steak, served with 2 sauces: Reduced port as well as a creamy green pepper sauce. Accompanied by blue cheese mashed potatoes and a prosciutto wrapped bunch of green beans.

Ingredients

Beef flank

- 4 Unit(s) Beef flank steak
- 600 Gr Yukon gold potatoes
- 50 Gr Butter
- 50 Gr Blue cheese
- 25 Ml Cream 35%
- 200 Gr Green beans
- 4 Slice(s) Prosciutto

- Salt and pepper
- Butter
- Vegetable oil

Green pepper sauce

- 2 Unit(s) French shallot
- 2 Clove(s) Garlic
- 400 Ml Veal stock
- 50 Ml Cognac
- 15 Gr Green pepper seeds
- 60 Ml Cream 35%
- 50 Gr Butter

- Salt and pepper
- Butter
- Vegetable oil

Porto sauce

- 200 Ml Veal stock
- 100 Ml Port wine
- 1 Unit(s) French shallot
- 2 Clove(s) Garlic
- 1 Sprig(s) Thyme
- 50 Gr Butter

- Salt and pepper
- Butter
- Vegetable oil

Preparation

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

Preparation

Finely chop the shallots, garlic, thyme and rosemary. Peel the potatoes and then cut them into big

cubes and place them in cold water immediately.

Beef flank and rosemary infused porto sauce

Season the beef with salt and pepper. In a hot skillet with vegetable oil, sear the beef on both sides for about 2 minutes each. Transfer the beef to an oven proof tray and then place them in the oven for 4-5 minutes to be cooked rare.

In the skillet you used for searing the beef, place a bit of butter and then sweat the shallots on low heat. Once colored, add the garlic. Deglaze with the port and then add the thyme. Let this reduce for about 2 minutes. Add the demi-glace and continue to cook down until you reach the desired consistency.

Pepper sauce

In a hot sauce-pot with a bit of butter, sweat the shallots then add the pepper and garlic. Deglaze with the cognac and let the alcohol burn off. Add the demi-glace and cook for 4-6 minutes on medium, then add the cream and continue to cook until you reach the desired consistency.

Blue cheese mashed potatoes

Bring the potatoes to a boil with a pinch of salt and let them cook on medium for about 20-25 minutes or until they are tender. Strain the potatoes. Make your mashed potatoes with the help of a masher. Slowly incorporate the blue cheese, then add the butter and cream. Season with salt and pepper and set aside.

Green beans

Bring a pot of salted water to a boil. Blanch your green beans for a few minutes, until they are al dente, you want them to have a crunch still. Strain them and drop them into an ice bath. Make 4 nice bunches of beans and then roll them in a slice of prosciutto.

Sear the bunches in a skillet then transfer them to an oven proof tray and reheat in the oven for 3-4 minutes.

Plating

With the help of a ring mold, start by placing the mashed potatoes on your plates. Next, place the steak on top. Make a coma of each sauce on either side of the steak and finally place the bunch of beans on the side.

Bon appétit!