

Beef flank steak tataki, honey and orange marinade, creamy pea puree with sage, grilled panko |

Recipe for 12 tapas

Description

Easily seared meat recipe, asiawith an Asian touch and colourful pea puree.

Note

In summer, don't hesitate to sear the meat on the BBQ for extra flavor. Count on 1 flank steak per person for a main course.

Ingredients

Beef tataki

- 400 Gr Beef flank steak
- 125 Ml Orange juice
- 2 Tbsp Honey
- 300 Gr Onion
- 4 Tbsp Japanese breadcrumbs (panko)

- Salt and pepper

Pea puree

- 500 Gr Frozen green peas
- 2 Sprig(s) Sage
- 75 Ml Vegetable stock
- 2 Dash Olive oil
- 2 Tbsp Butter

- Salt and pepper

Dressing your plate

- 12 Chips Parmigiano reggiano

- Salt and pepper

Preparation

- Preparation time **30 mins**

Prep

Prepare some Parmesan shavings.

Peel and mince the onions.

In a hot pan with a spoon of butter, lightly brown the panko and put aside..

In a plastic container, pour the orange juice and the honey on the meat and let marinate in the fridge for 2 hours.

Beef tataki and caramelized onions

Beef tataki

Remove the meat from the juice, put on a linen to remove the excess of liquid and season with fleur

de sel.

In a hot pan with vegetable oil, sear the meat on each side for about 1 min.

Put aside and slice.

Caramelized onions

In a hot pan with vegetable oil, cook the onions, add salt and pepper and a bit of the marinade juice. Mix with a wooden spoon until the onions are caramelized.

Pea puree

In a hot pan with a spoon of butter and a dash of olive oil, cook the shallots. Add the peas and the sage and cover with vegetables broth.

Cook for 10 min at medium heat.

Blend the peas in a mixer adding a few frozen peas for the colour; don't put too much broth to start but slowly add some until you get the proper consistency.

Season to taste and add a dash of olive oil.

Dressing your plate

Pour some puree in a middle of a plate and make a nest with the back of a ladle.

In the middle add some onions, then the beef slices.

Sprinkle Panko and Parmesan shavings on top.

Bon appétit!