

Beef hanger steak, cherry tomatoes and roasted pine nuts, mashed potatoes with truffle oil |

Recipe for 4 portions



Description

Pan seared hanger steak served with a sauce vierge prepared with cherry tomatoes, Italian parsley, shallots and pine nuts and served on a bed of mashed potatoes infused with truffle oil.

Note

In order to prepare this recipe in 30 minutes, use pre-cooked potatoes. You can finish cooking the steaks on a medium-low heat when you have only a few. When entertaining guests, finishing your steaks in the oven allows you to serve all the guests at the same time.

Ingredients

For the hanger steak

- 4 Unit(s) Hanger steak
- Butter
- Salt and pepper
- Vegetable oil

For the fork mashed potatoes

- 600 Gr Fingerling potatoes
- 5 Ml Truffle oil
- 75 Ml Cream 35%
- 50 Gr Butter

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- Vegetable oil

For the cherry tomatoes and pine nuts sauce

- 125 Gr Cherry tomatoes
- 50 Gr Shallot
- 1 Clove(s) Garlic
- 25 Gr Pine nuts
- 2 Sprig(s) Parsley
- 30 Ml White balsamic vinegar
- 60 Ml Olive oil

- Butter

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

General preparation

Finely chop the shallots, parsley and garlic. Cut the cherry tomatoes into quarters. Cut the potatoes into pieces and place them immediately in a pot of cold salted water.

Mashed potatoes

Bring the pot of potatoes to a boil. Reduce heat and cook until tender, about 30 minutes. Drain well. Return potatoes to the pot and mash them gently with a fork, add butter, cream, truffle oil, salt and pepper to taste.

Sauce vierge

Roast the pine nuts in the oven for 3-4 minutes on a baking sheet. Combine all the sauce ingredients. Season with salt and pepper to taste.

Hanger steak

Season the hanger steaks with salt and pepper. In a hot pan, drizzle some vegetable oil and sear the steaks on both sides over high heat. Transfer to a baking sheet and finish cooking in the oven for 5-6 minutes.

Plating

On your plate, place a portion of mashed potatoes with the help of a ring mold in the center of your plate and remove the mold. Place your hanger steak on top, then garnish with the cherry tomato sauce vierge.

Bon appétit!