



HANGER STEAK PARISIEN STYLE

INGREDIENTS

- 400 g (14 oz) hanger steaks (onglet) or flank steaks (bavette). The steaks must be prepared as shown in the video.
- 50 g (1.8 oz) unsalted French style butter.
- 80 g (2.9 oz) shallots finely sliced.
- 4 or more tbsp red wine vinegar
- Salt and pepper to season.

PROCEDURE

1. Clean the meat by trimming the skin and excess fat (some fat should remain).
2. Slice steak away from the chewy tendon strips and keep in the fridge.
3. Thinly slice the shallots along lengthways.
4. Chop the parsley finely.
5. Preheat the oven to 70C to 90C.
6. Pan fry the steak in heated oil on medium heat for 2 – 3 minutes each side (depending on preference). Don't cook the steaks beyond medium rare.
7. Place the steaks in a dish, cover with foil and keep warm in the oven.
8. Reduce the heat to medium and melt the butter in the steak juices.

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9. Add the shallots and cook gently for 3 - 4 minutes, then add the vinegar and reduce the liquid by half.
10. Add the salt and parsley and mix in.
11. Remove the steaks from the oven and pour the steak juices from the dish into the pan with the shallots and mix.
12. Slice the steaks into 1 - 2 cm (1/4 inch) thick pieces, assemble on a plate spoon over the shallot sauce.
13. Scatter some parsley on top and serve with a salad.