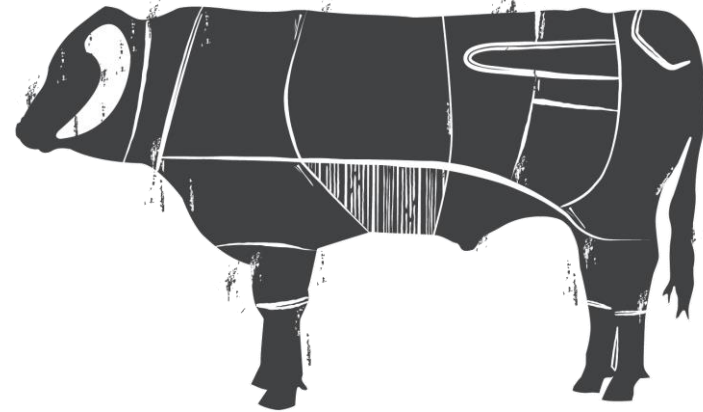




MAYDENCROFT MANOR

NATIVE BREEDS FARM



ONGLET

This cut, like many previously overlooked cuts, has become really popular again, a reflection of its full flavour and tenderness. Also known as the 'hanger steak' this flavour-packed cut is taken from the forequarter, near the diaphragm. It is a muscle which doesn't get much work, hence its tenderness, however it is lean so is at its best when cooked rare, especially when marinated first to add to its wonderful depth of flavour. If you prefer your beef well done it can also be braised low and slow as part of a casserole, although we think this would be a waste of a superb steak.

Barbequed, grilled or pan-fried, this steak comes up trumps cooked fast with a hot heat. In France it has always been fashionable and is often served, like Bavette, as a fast-cooked rare steak, its great flavour can really take on a good sauce - perfect with green salad, frites and red wine jus!

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NATIVE BREEDS FARM

ONGLET AUX ÉCHALOTES

Onglet steak with shallot and red wine sauce is a French bistro classic - serve with shoestring fries and a green salad.

INGREDIENTS

2 Maydencroft Onglet steaks
(approx.500gm total)

3 large shallots, chopped finely

2 tbsp red wine vinegar

2 tbsp balsamic vinegar

250 ml beef broth or stock

1 tsp chopped tarragon

1 tsp chopped chives

Olive oil for marinade and frying shallots

25gm salted butter

Rapeseed or sunflower oil for pan frying

Sea salt & ground black pepper

METHOD

1. Marinade the steaks with the vinegar, 2 tbsp of olive oil and the red wine, rub over the meat. Leave for at least an hour, or overnight in the fridge covered up.
2. An hour before cooking, remove the steaks from the marinade, keep the marinade mixture to one side, and dry the steaks on kitchen paper - allow them to fully dry and reach room temperature before pan frying.
3. In a medium saucepan over medium heat, gently fry the shallots in 1 tbsp olive oil until lightly caramelized, about 5 to 7 minutes. Add the marinade mixture and simmer to reduce by half.
4. Heat a heavy based frying or griddle pan over a high heat. Brush the steaks with rapeseed oil on both sides.
5. When the pan is very hot place the steaks in the pan, being sure not to overcrowd the pan. Sear for about 6 minutes for rare to medium rare. Remove from the pan and allow to rest somewhere warm (not hot), very loosely tented with aluminum foil for 10 minutes to allow the juices to reabsorb into the meat.
6. Finish the sauce by deglazing the pan with beef stock, reducing by half then adding to the warmed shallot sauce with the chopped tarragon and chives. Swirl in the butter to melt, then season with salt and pepper to taste.
7. Slice the steaks and place on a platter, season with salt and pepper, then top the steak with some of the sauce and serve the rest on the side.

CHEF'S TIPS

- Season steaks with salt at the end, not the beginning of cooking, as salt draws moisture out.
- It's the thickness of a steak rather than its actual weight which determines how long it should be cooked for, so times will vary. Rare steaks need less time on their 'second side'.
- There are a few ways of testing how a steak is cooked, we find the 'thumb test' as reliable as any other, here it is in brief (google for more detail!):
If you touch your thumb against your index finger, and press the soft part at the base of your thumb, you get the same feeling as a rare steak. If you touch your middle finger with your thumb, its firmer, and that'll give you medium rare; touch your ring finger, firmer again – which gives you medium; and finally with your little finger, that's exactly the same as well done (not recommended!).

Main Course

Serves 2 people

15 mins prep (+ marinade) | 15mins cooking