

Cooking a Hanger Steak

This quick and easy recipe, courtesy of chef **PATRICK HEUBERGER** of **Huber's Butchery**, is a great go-to!

Tip: Hanger steak can be tough when overcooked, so it's best to butterfly the meat, as a thinner piece allows for quick cooking over a high heat, thus minimising the possibility of overcooking. You can butterfly the meat by placing the palm of your hand firmly over the meat, then carefully sliding a sharp knife across, without cutting all the way through. Use the other side of the knife to flatten and tenderise the meat.

Pan-seared Hanger Steak

Serves two

Ingredients:

- 2 pieces chilled hanger
- 50g unsalted French butter
- 2 soup spoons of beef glaze
- Crushed black peppercorns and sea salt

Instructions:

1. Season beef with salt and peppercorns before cooking.
2. Heat a frying pan and add butter. Allow the butter to melt until it gives off a nutty fragrance and starts to brown.
3. Add beef while on high heat and fry it until it gets a nice brown crust. Then, do the same for the other side. To achieve medium-rare doneness (which is ideal for this cut), fry for one to two minutes on each side; for medium doneness, fry two to three minutes on each side.
4. The meat is best if served immediately. Accompany it with shallots and garlic confit or some beef glaze.



Shallot and Garlic Confit

Ingredients:

- 100g shallots, thinly sliced
- 1 head garlic
- 1 tablespoon French butter
- 1 tablespoon sherry vinegar (or tarragon, red or white wine vinegar)
- Black peppercorns, crushed
- Pinch of fresh thyme, chopped
- Pinch of fresh rosemary, chopped
- Sea salt

Instructions:

1. Cook garlic in olive oil or butter over low heat for about 30 minutes until garlic is soft and mashes easily.
2. Heat frying pan over medium heat and add the butter. Then add shallots and fry for a while before adding black peppercorns, thyme and rosemary.
3. Deglaze with vinegar. Lower the heat, stir and cook until shallots turn soft. *✶*