



BEEF AND POTATOES WITH BEARNAISE SAUCE



15 minutes



25 to 30 minutes

Ingredients for 2 people

- 1 ribeye steak, 5cm thick (around 600g)
- 2 shallots, peeled and cut in half
- 4 firm flesh, medium-size potatoes cut in half (skin-on)
- 1 tablespoon fresh parsley, chopped
- 25g butter
- 1 tablespoon vegetable oil
- Salt and pepper

Bearnaise sauce

- 6 crushed black peppercorns
- 1 shallot, finely diced
- 1 tablespoon roughly chopped fresh tarragon
- 3 tablespoons wine vinegar
- 2 egg yolks
- 150g fresh butter
- Salt
- 2 tablespoons water

Preparation equipment

1 large Ingenio frying pan

2 Ingenio saucepans

An Ingenio glass lid (same diameter as the large Ingenio saucepan)

Ingenio straining lid

To decorate : a few stems of green asparagus



Preheat the oven to 180°C.



In the saucepan, boil the potatoes with salt and cover with the Ingenio glass lid. Heat the oil and butter in the frying pan to add the meat and shallots. Sear the meat on each side (around 5 minutes on each side). Use the straining lid to strain the potatoes. Add them to the frying pan.



Use the detachable handle to place the frying pan in the oven. Cook the beef and potatoes in the oven for around 15 minutes to 180°C.



In the 16cm saucepan, reduce the vinegar, tarragon and crushed pepper by around 3/4 (less than one minute). Take off the heat, add the egg yolks and beat with a whisk in a figure 8. When the sabayon has thickened and foamed add butter, little by little.



Use the detachable handle to remove the beef and potatoes from the oven.



Slice the beef and mix the potatoes with the cooking fat. Serve it all with the bearnaise sauce.

The bearnaise sauce can be strained through a fine sieve before the sabayon.

If the the piece of beef is not to big, keep it in the refrigerator before cooking, so that it will not cook too fast.

You can boil a few green asparagus's head quickly, that will be added to the potatoes at the end of cooking.