

Baked Dutch Flank Steak with Port Wine Reduction, Bacon and Pear

by Chef Fabio Falanga

Serves: 4 Preparation time: 20 minutes Cooking time: 10 minutes

INGREDIENTS

400 g	Veal Flank Steak		Netherlands
100 g	Pear		Belgium
200 g	Bacon		Denmark
100 ml	Port Wine	PDO	Portugal
100 g	Messara (Extra Virgin Olive Oil)	PDO	Greece
100 ml	Pale lager beer	PDO	Czechia
35 g	Butter		Belgium
200 ml	White vinegar		
100 g	Brown Sugar		
50 g	Flour		
50 g	Corn Starch		
200 ml	Glucose syrup		
To taste	Salt and pepper		

PREPARATION

VEAL FLANK

1. Remove fat and silver skin and marinate overnight*

*Marinade

3 parts olive oil

1 part acid (lemon, lime or vinegar)

Aromatics (fresh herbs, garlic, pepper, ect ect)

PORT SAUCE

1. Pour the port wine and the glucose syrup in a pan on medium heat
2. Add some aromatics: Dried mushroom, shallots and bay leaves (OPTIONAL)
3. Reduce until the liquid reaches 107 degrees Celsius
4. Season with salt and pepper to taste

BEER BATTER

1. Mix cornstarch, flour and beer (make sure there is no clumps)
2. Put in the refrigerator for 10 minutes

PICKLED PEAR

1. Bring water, vinegar and sugar to boil (until sugar is completely dissolved)
2. Peel and slice the pear
3. Pour the liquid over the sliced pear to cover

ASSEMBLY

1. Cook the steak medium rare on high heat with some oil
2. Roll the bacon and the pear then keep it together with a toothpick
3. Dip in the beer batter then fry in hot oil (170 degrees)
4. Drain on kitchen paper
5. Put a slice of the steak and the roll on the two sides of the dish
6. Pour the wine reduction in the middle
7. Season with salt and pepper
8. Garnish with some green leaves



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