

Grilled Flap Steak and Asparagus with Béarnaise Butter

A compound butter packed with tarragon and shallot mimics the flavors of béarnaise sauce with much less effort. If you have any left over, try it on salmon or rice.

Ingredients:

2 large sprigs fresh tarragon
4 tablespoon unsalted butter, softened
2 tablespoon minced shallot
1 tablespoon dry white wine or vermouth
1 tablespoon white wine vinegar
Kosher salt and freshly ground black pepper
1-1/2 pounds beef flap meat, cut into pieces of even thickness
1 bunch asparagus, preferably thick, trimmed
1 tablespoon olive oil

Directions:

Strip the tarragon leaves from the stems, finely chop the leaves to yield about 2 teaspoons and set aside.

In an 8-inch skillet, melt 1 tablespoon of the butter over medium-low heat.

Add the shallot and tarragon stems, and cook, stirring frequently, until the shallot is translucent, about 2 minutes.

Add the wine, vinegar, and 1 tablespoon water, increase the heat to medium, and cook until the liquid is mostly evaporated, about 3 minutes.

Transfer to a small bowl, remove and discard the tarragon stems, and let cool completely.

Add the remaining 3 tablespoons butter, the chopped tarragon, ¼ teaspoon salt, and 1/8 teaspoon pepper, and mix with a fork until well combined. Set aside until ready to use.

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire. Put the

meat and asparagus on separate sides of a large rimmed baking sheet. Coat with the olive oil, and season generously with salt and pepper.

Grill the meat, turning every 2 minutes, until cooked to your liking, 6 to 8 minutes for medium (140°F). Transfer to a cutting board, cover loosely with foil, and let rest. Meanwhile, grill the asparagus, turning after a minute, until charred and tender, 2 to 3 minutes.

Transfer to a serving platter. Thinly slice the meat against the grain, arrange on the platter with the asparagus, top both with dollops of the prepared butter, and serve.

Make Ahead Tips:

The butter may be made up to 1 week ahead; refrigerate and return to room temperature before using.

Serves: 4

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