



Steak Sandwich



Hanger steak — also known as onglet — has a distinctive flavour that gives a run of the mill steak sandwich a delicious intensity. Ask your butcher to remove the sinew and prepare it for grilling.

Ingredients

- ♦ 200 g hanger steak per person
- ♦ extra virgin olive or Irish rapeseed oil
- ♦ flaky sea salt
- ♦ black pepper
- ♦ 1 handful of rocket per person
- ♦ 1/3 baguette per person
- ♦ horseradish mustard crème fraîche dressing

Serves 1

For the dressing:

- ♦ 100 g horseradish root, peeled and grated
- ♦ 1 tablespoon Dijon mustard
- ♦ 60 g natural yoghurt
- ♦ 60 g crème fraîche
- ♦ a pinch of fine sea salt
- ♦ freshly ground black pepper

To Cook

Rub the steak with oil, season well and sear on a very hot pan for 3 minutes on each side, which will bring it to medium rare. Leave to rest for 10 minutes while you make the dressing. Slice the steak and serve in a good baguette with rocket.