

A Recipe from KNOPF

FLAP STEAK WITH SHALLOTS *Bavette à l'échalote*



©Gérard Bedeau

The unusual cut we call flap steak is called *bavette d'aloiau* in France. It is difficult to find in the United States, so you might try substituting skirt steak. An exceedingly tasty and juicy cut, it must be cooked rare or it becomes tough.

INGREDIENTS

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| 4 slices flap steak, 6 oz. each | Salt and pepper |
| 1 teaspoon neutral oil | 3 teaspoon butter |
| 4 medium or 6 small shallots,
preferably gray, peeled and minced | 1 tablespoon red wine vinegar |
| | 2 tablespoons minced parsley |

Remove the meat from the refrigerator 15 minutes in advance. Prepare a cooling rack over a large plate or set a small overturned plate on top of a large one.

Heat the oil in a large, heavy skillet over medium heat for 1 minute. Season both sides of the steaks with salt and pepper. Put the butter in the skillet. When it foams, lay the steaks in the skillet, in a motion away from you. Sear the steaks over high heat for 2 minutes. Turn them and cook for 2 minutes on the other side. Reduce the heat to very low and remove the meat to the rack. Season with a pinch of salt and a pinch of pepper on both sides.

Add the shallots to the skillet and cook over the lowest possible heat for 3 minutes, stirring constantly. It is important that they not turn dark brown. When they are lightly colored, add the vinegar, turn the heat up just a little bit, and cook for 30 seconds. Season with a pinch of salt.

Put the steaks on a platter and pour the shallot sauce all over. Sprinkle with parsley and serve.

SERVES 4

