

# Steak a l'Echalote

---

From Claude Bosi: this is an absolute staple at any French bistro. There are variations, but this uses caramelised shallots and red wine which creates a beautiful glossy sauce for the meat.

I was getting there when I did my Guineafowl Breast with a shallot sauce on holiday in France. That uses a rose wine and I really don't think the garlic is necessary or, indeed, helps.

---

## Planning

serves:	2
prep time:	15 mins
cooking time:	50 mins

## Ingredients

1 tbs vegetable oil  
4 échalion shallots  
3 cloves garlic (not sure)  
a few sprigs thyme  
1 bay leaf  
375ml Beaujolais red wine  
200ml beef stock  
25g salted butter  
2 ribeye or rump steaks  
1 tbs vegetable oil  
25g salted butter  
1 clove garlic, bashed  
4 sprigs thyme  
1 sprig rosemary  
Salt & pepper

## Method

For the sauce, put 1 tbsp oil in a medium saucepan. Add the shallots, garlic and herbs; season. Cover with a lid and sweat over a low heat for 10-12 minutes until soft.

Take the lid off the shallots, pour in the red wine, then turn up the heat to medium-high and reduce to a glaze (12-15 minutes). Pour in the stock and simmer for a further 10 minutes, until reduced and slightly syrupy: strain through a sieve into a measuring Jug. You should have about 100ml sauce: set aside.

Brush the steaks with 1 tbsp oil and season. Heat a frying pan over a high heat, add the steaks and sear for 2 minutes on each side. Add 25g butter plus the garlic, thyme and rosemary; baste for 1-2 minutes (for medium-rare), ensuring all cut edges are browned. Transfer the steaks to a warm plate to rest for 5 minutes.

Meanwhile, set the pan back over a low-medium heat, pour in the sauce and add the butter. Heat for 3-4 minutes, stirring until the butter is melted.

Slice the steaks against the grain and arrange on plates with the shallot sauce poured over. Serve with a dressed salad (Little Gem Lettuce works well).