

Fiche pour l'entrecôte à la bordelaise

Ribsteack like in Bordeaux



Ingredients :

800g of ribsteak

1 shallot

Some parsley

1 soup spoon of olive oil

30g of butter

Salt and pepper

Preparation 5 mn

Cooking 8 to 10 mn

First you must coat the meat with the oil while you start the heat for the grill

When it is hot enough you can sear the meat for 2 or 3 mn on each side.

While it is cooking you can mince slightly the shallot, then you can mix it with the butter and the minced parsley. Add the salt and pepper and coat the meat with it.

You may serve it right away with whatever vegetables you like but mostly it is served with French fries.