



# The Fabulous Baker Brothers

## Trencher with Hanger Steak and Warm Mushroom and Watercress Salad

My dear friend and talented chef, Chris Redmond, showed me this lovely dish. It's so simple and quick. I've even cooked it leaning outside a tent in the pouring rain, it's that easy. It uses hanger steak, a delightful cut that hangs on the inside of the beef carcass, hence the name. It is classified as offal and is similar to skirting steak. The flesh is dark and loose-textured and has a deep beefy flavour. I have to say that it is my steak of choice, and it costs a fraction compared to other steaks.

1. Season the hanger steak liberally. Heat the oven to 120°C. Heat a large frying pan till it is smoking hot. Add the oil and quickly brown the hanger steak really well. Meanwhile, toast the sourdough. Place the toast on an oven tray in a close line, like soldiers side by side. Remove the hanger from the pan and lay on top of the sourdough. Place in the oven for 30 minutes to rest and finish cooking through very gently. Hanger is best served pink and well rested. Cooked any longer and it would get dry and tough due to its lack of fat.
2. Don't wash the frying pan, but save it for the mushrooms. When the steak has been resting for 25 minutes, reheat the pan and add the butter. When melted, gently fry the garlic. Then add the mushrooms and turn the heat up. Season and cook till brown and soft. Deglaze with the vinegar and add the chopped parsley. Toss around and pour into a salad bowl. Mix in the watercress and sliced shallot. Give it a good toss: you want the heat of the mushroom to slightly wilt the watercress. Season to taste.
3. Remove the hanger from the trenchers and slice thinly against the grain. Put a juice-soaked trencher on each plate and lay the sliced hanger on top. Serve with the warm salad and mustard.

### Ingredients

#### Feeds 4

- 4 thick slices of sourdough
- 1 large hanger or onglet steak, totally trimmed of sinew
- salt and pepper
- 20g oil
- 30g butter
- 3 garlic cloves, crushed
- 12 chestnut mushrooms, cut into quarters
- 30g sherry vinegar
- small bunch of parsley, chopped
- large bunch of watercress, trimmed
- 2 shallots, thinly sliced
- Dijon mustard, to serve



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