Hanger Steak with Red Wine Shallot Sauce

Meat  Yields 6 servings

*Hanger steak is also known as the butcher’s steak because butchers used to keep this formerly little-known part for themselves. Hanger steak has long been popular in Europe. In French, it is known as the onglet. It is highly flavorful, but isn’t perfectly tender, so it responds well to quick cooking with searing heat, perfect for outdoor grilling if the season is right. Medium-rare is a must, as is thin slicing against the grain to serve. You can use it in Bulgogi and fajitas. If you can’t find hanger steak, you can substitute with filet split or skirt steak.*

2 tablespoons olive oil, divided

6 (6-8 ounce each) hanger steaks, split by butcher

freshly ground black pepper

3 large or 4 medium shallots, peeled and sliced

¼ teaspoon dried thyme leaves

1 cup Cabernet Sauvignon, or other good red wine

1 cup beef stock or broth, divided

1½ teaspoons all-purpose flour

1. Heat oil in a medium skillet over high heat. Pat the steaks dry with a paper towel and season them with pepper. When the pan is hot, add the steaks, allow them to sear, getting good caramelization. Do not move the steak pieces until they have browned on one side. Using tongs, continue to turn them until they are cooked on all sides, about 18 minutes in total for medium-rare (the steaks will continue to cook as they rest). Transfer the steaks to a warm dish; cover with foil and let them rest while you prepare the sauce.
2. Reduce the heat to medium. Add the remaining tablespoon of oil and the shallots. Season with pepper and thyme. Cook, stirring frequently, until the shallots are softened, about 3 to 5 minutes. Do not allow them to brown. Add the wine and bring to a boil. Let the wine reduce by half, about 5 minutes.
3. In a small bowl, whisk ¼ cup beef broth with the flour and ¼-teaspoon black pepper until smooth. Add to the wine and whisk. Add the remaining ¾ cup beef broth. Cook at a low simmer for 10 minutes until sauce thickens slightly.
4. To serve, cut each steak against the grain into thin slices. Fan the slices out on a warm dinner plate. Serve with the warm shallot sauce.