



**ONGLET DE BOEUF (BEEF BACK STEAK) FROM "AUBRAC"
CRISPY NEMS WITH ONION CONFIT
SWEET ONIONS FROM LÉZIGNAN VIGNERONNE STYLE**

A recipe created by Clément Bonano, chef of the Auberge des Combes
For 6 persons

Beef:

6 Onglet de Boeuf (beef back steaks) of 160 g each

For the Nems:

6 pieces of filo pastry
4 fresh, sweet onions
100 g of dried, crushed almonds
A small bunch of tarragon, chopped
10 cl of Balsamic vinegar
50 g of icing sugar
100 g of sugar
2 Espelette peppers
50 cl of oil for frying
Salt, Pepper

For the sauce:

2 sweet onions from Lézignan
2 carrots
1 leek
20 cl of red wine (Syrah or Cabernet Sauvignon)
20 g of flour
20 cl of veal stock
20 g of butter

For the Nems:

Wash, peel and chop the onions. Heat butter in a pan, and stew the onions until they are translucent. Deglaze with the Balsamic vinegar and leave at low heat and boil for another five minutes. Remove from the stove, add the Tarragon, the almonds and the Espelette peppers, season with salt and pepper and keep warm.
Take the filo pastry sheets, cut half lengthwise and put some of the onion filling on top. Roll up, brush with egg yolk and keep in the refrigerator.

For the sauce:

Wash the vegetables and cut them in dices. Roast the beef trimmings in a pan. In a second pan, sauté the vegetable dices, then add the beef trimmings. Add the flour and deglaze after a couple of minutes with the red wine. Add the veal stock and let it cook for 30 minutes at low heat, then put the whole mixture through a vegetable mill (masher). Add the rest of the butter to the sauce and keep it warm without cooking.
Sauté the beef on both sides at high temperature, season with salt and pepper. At the same time, fry the Nems in 170° Celsius hot oil until they have a golden-yellow colour and drain them on kitchen paper.
Arrange the beef and the Nems together with some sauce on a plate and serve immediately.
I recommend having a bottle of Merlot Synthèse with this dish, whose ripe red fruit aromas perfectly underline the taste of the beef.



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