

Hanging Tender with hop vegetables

Recipe for 4 servings

Preparation time: 20 minutes

Cooking time: 20 minutes

Total time: 40 minutes

For the steak:

1 hanging tender, approx. 1.8 lb (kidney cones)

Salt from the mill

pepper from the grinder

Vegetable oil for greasing the grillage

For the vegetables:

14 oz. of mixed vegetables (cauliflower, radishes, broccoli, mayonnaise)

2 sticks of spring onion

2 tbsp of butter

3.5 fl.oz. of Bitburger Triple Hop'd Lager

Juice of ½ orange

Equipment:

Grill / cookware

Preparation:

1. Prepare the grill (with lid approx. 475 ° F) for high direct heat.
2. Season the steak with salt. Grease the grill rack with oil and grill on direct heat from both sides for 1 - 2 minutes with the lid closed until a pattern emerges. Then season with pepper and finish grilling for 4 - 5 minutes on indirect heat. Finally let it rest for 5 minutes without heat (optimal core temperature 130 ° F).
3. Clean all vegetables and cut them into bite-size pieces. Clean the spring onion and cut it into pieces at an angle. Heat the grill / cookware directly, melt the butter and grill the vegetables in it for 3-4 minutes. Deglaze with beer and orange juice and season with salt and pepper. Add the spring onions and grill for another 2-3 minutes.
4. To serve, spread the vegetables on the plates and cut the steak into strips.