



Aged Rib Eye with Onion Purée

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon buttermilk
- ☐ 4 servings sea salt
- ☐ 4 servings kosher salt
- ☐ 0.3 cup chicken stock see
- ☐ 3 cups onion packed very thinly sliced ()
- ☐ 28 ounces beef rib steak thick for 1 hour at room temperature (2")
- ☐ 1 sprigs flat parsley assorted soft (such as tarragon, flat-leaf parsley, and chervil)
- ☐ 6 tablespoons butter unsalted divided

- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Heat 2 tablespoons butter in a 12" heavy skillet over medium-low heat.
- ☐ Add onions and cook, stirring constantly, until translucent (do not brown), 10–12 minutes.
- ☐ Add stock and 3/4 cup water. Bring to a simmer, reduce heat to low, cover, and continue to simmer until onions are falling apart, about 20 minutes. Uncover and stir until onions are almost dry (do not brown), about 5 minutes.
- ☐ Transfer onions to a blender.
- ☐ Add buttermilk and 1 tablespoon water. Purée until smooth. Season with kosher salt.
- ☐ Preheat oven to 350°F. Arrange a wire rack inside a rimmed baking sheet. Melt 2 tablespoons butter with oil in a large cast-iron skillet or large heavy skillet over medium-high heat. Season steak generously with kosher salt. Cook until a deep brown crust forms, 3–4 minutes per side and 1–2 minutes on edges.
- ☐ Place on prepared rack. Roast until a thermometer inserted into steak registers 115°F, about 40 minutes. (Steak will carry over to medium-rare.)
- ☐ Let rest for 30 minutes.
- ☐ Melt remaining 2 tablespoons butter in a large skillet over medium-high heat; cook until butter browns, about 2 minutes.
- ☐ Add steak and cook for 30 seconds per side, allowing steak to absorb butter.
- ☐ Cut steak into 4 slices.
- ☐ Place 1 steak slice on each plate and sprinkle with sea salt. Spoon warm onion purée alongside. Scatter herbs over purée.

Nutrition Facts



 **PROTEIN 25.58%**  **FAT 67.14%**  **CARBS 7.28%**

Properties

Glycemic Index:22.5, Glycemic Load:2.53, Inflammation Score:-7, Nutrition Score:22.537391387898%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg

Nutrients (% of daily need)

Calories: 649.21kcal (32.46%), Fat: 48.92g (75.26%), Saturated Fat: 23.96g (149.74%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 9.9g (3.6%), Sugar: 5.52g (6.14%), Cholesterol: 167.07mg (55.69%), Sodium: 523.41mg (22.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.93g (83.86%), Selenium: 49.7µg (71%), Zinc: 10.44mg (69.61%), Vitamin B12: 3.35µg (55.79%), Vitamin B3: 10.11mg (50.54%), Vitamin B6: 0.95mg (47.36%), Phosphorus: 332.99mg (33.3%), Vitamin B2: 0.53mg (31.37%), Potassium: 734.35mg (20.98%), Iron: 3.72mg (20.68%), Vitamin B1: 0.24mg (15.87%), Vitamin K: 15.32µg (14.59%), Magnesium: 55.2mg (13.8%), Vitamin A: 584.65IU (11.69%), Vitamin C: 9.24mg (11.2%), Copper: 0.21mg (10.73%), Fiber: 2.05g (8.19%), Manganese: 0.16mg (7.86%), Folate: 30.7µg (7.68%), Vitamin E: 0.8mg (5.32%), Calcium: 51.88mg (5.19%), Vitamin D: 0.56µg (3.75%), Vitamin B5: 0.19mg (1.86%)