



Bacon Steak with Coriander, Smoked Oyster Mushrooms and Thyme Brown Butter

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 4 ounces butter unsalted
- 1 cup coriander seeds
- 2 teaspoons thyme sprigs fresh minced
- 1 teaspoon ground cloves
- 4 servings pepper black freshly ground
- 2 cups oyster mushrooms

- 16 ounces slab bacon
- 2 teaspoons star anise

Equipment

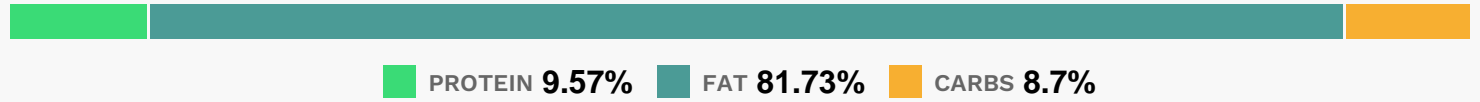
- bowl
- frying pan
- oven
- wire rack
- aluminum foil
- stove
- steamer basket

Directions

- Special equipment: Chinese steamer basket and metal cooling rack.
- Preheat the oven to 300 degrees F.
- In a small bowl, combine the star anise, clove, and black pepper. Dust each piece of bacon with the spices.
- Heat a large, oven-safe saute pan over low heat until hot.
- Add the seasoned bacon and cook for 10 minutes.
- Transfer the pan to the preheated oven and cook for another 10 minutes.
- Place a large saute pan on the stovetop.
- Add the coriander to the pan and then place the metal cooling rack on top of the pan. Scatter the mushrooms in the steamer basket and place the basket on top of the cooling rack. Cover the saute pan, cooling rack, and steamer basket with aluminum foil. Turn the burner on low heat and allow the mushrooms to smoke for 10 minutes. Carefully remove the steamer basket and metal rack from the pan. Dump out the coriander.
- Place the pan over medium heat, add 1 tablespoon butter and the smoked mushrooms.
- Saute the mushrooms until crispy, about 6 to 8 minutes.
- Add salt, and pepper, to taste.

- Remove the mushrooms from the pan, and in the same pan add 1 stick butter. Melt the butter over medium heat until the foam subsides and butter just begins to turn brown. Stir in the thyme and cook, stirring, until the butter is golden brown. Season with salt and pepper.
- Remove the bacon steaks from the oven.
- Pour the browned butter over the steaks and serve each with mushrooms on the side.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:20.05521763926%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 762.24kcal (38.11%), Fat: 72.23g (111.12%), Saturated Fat: 29.92g (187.01%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 7.1g (2.58%), Sugar: 0.51g (0.57%), Cholesterol: 135.79mg (45.26%), Sodium: 949.72mg (41.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.04g (38.07%), Manganese: 0.89mg (44.65%), Selenium: 29.62µg (42.32%), Fiber: 10.2g (40.78%), Vitamin B3: 7.24mg (36.2%), Phosphorus: 317.03mg (31.7%), Iron: 5.52mg (30.68%), Vitamin B1: 0.43mg (28.42%), Magnesium: 96.09mg (24.02%), Potassium: 720.52mg (20.59%), Copper: 0.39mg (19.28%), Vitamin B2: 0.32mg (19.04%), Zinc: 2.8mg (18.69%), Vitamin B6: 0.37mg (18.66%), Calcium: 181.58mg (18.16%), Vitamin A: 830.42IU (16.61%), Vitamin B5: 1.25mg (12.52%), Vitamin B12: 0.62µg (10.25%), Vitamin E: 1.2mg (7.97%), Vitamin C: 6.33mg (7.67%), Vitamin D: 0.75µg (5.03%), Folate: 18.12µg (4.53%), Vitamin K: 3.68µg (3.5%)