



Beef Tea



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



245 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 ounces beef chuck steaks cut into 1/2-inch cubes
- ☐ 0.3 teaspoon salt
- ☐ 3 cups water

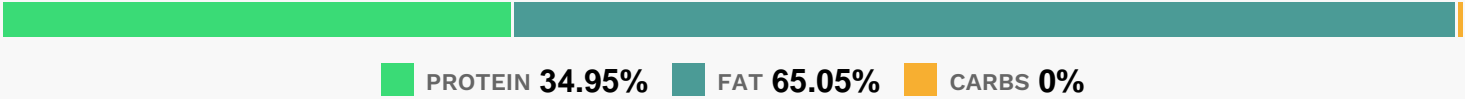
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Combine the beef, salt, and water in a saucepan and bring to a boil over high heat.
- ☐ Let the mixture boil for 1 minute. Reduce the heat to low and let the water barely simmer for 20 minutes more, skimming off any scum that forms on the surface.
- ☐ Remove the pan from the heat and let cool.
- ☐ Pour the liquid and the pieces of beef into the jar or container, cover it tightly, and let the liquid steep (like tea, of course) in the refrigerator for at least 24 hours.
- ☐ Strain the liquid either through cheesecloth or a fine-mesh strainer and discard the beef. You'll be left with the tea.
- ☐ Serve hot.
- ☐ From Ploughman's Lunch and the Miser's Feast: Authentic Pub Food, Restaurant Fare, and Home Cooking from Small Towns, Big Cities, and Country Villages Across the British Isles by Brian Yarvin. Copyright © 2012 by Brian Yarvin. Published by The Harvard Common Press. Used by permission of The Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:11.938260955655%

Nutrients (% of daily need)

Calories: 244.94kcal (12.25%), Fat: 17.69g (27.22%), Saturated Fat: 7.53g (47.09%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 77.11mg (25.7%), Sodium: 385.54mg (16.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.39g (42.77%), Zinc: 8.38mg (55.88%), Vitamin B12: 2.99µg (49.9%), Selenium: 22.34µg (31.91%), Vitamin B3: 4.96mg (24.82%), Vitamin B6: 0.46mg (22.96%), Phosphorus: 208.65mg (20.87%), Iron: 2.43mg (13.5%), Potassium: 387.88mg (11.08%), Vitamin B2: 0.16mg (9.54%), Vitamin B5: 0.74mg (7.44%), Magnesium: 26.24mg (6.56%), Copper: 0.13mg (6.37%), Vitamin B1: 0.09mg (5.9%), Calcium: 26.7mg (2.67%), Vitamin K: 1.7µg (1.62%), Vitamin E: 0.16mg (1.06%)