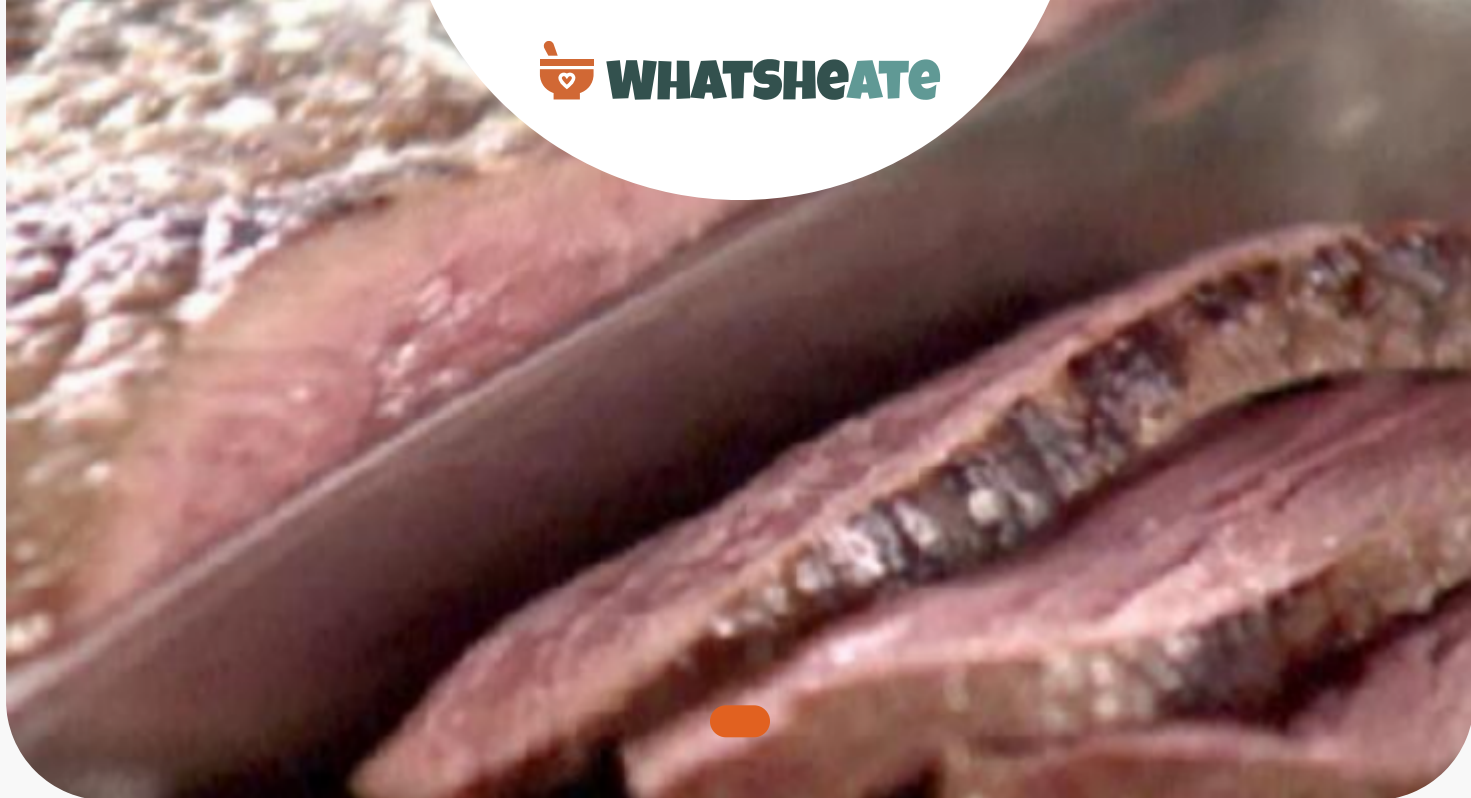




Beef with Sauce Bearnaise

 Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chervil chopped
- ☐ 3 egg yolks
- ☐ 2 tablespoons tarragon leaves fresh chopped
- ☐ 0.3 juice of lemon juiced
- ☐ 4 servings freshly milled white black
- ☐ 4 servings olive oil
- ☐ 4 servings salt
- ☐ 1 tablespoon shallots minced

- ☐ 1 pound rump steak
- ☐ 2 tablespoons tarragon vinegar
- ☐ 16 tablespoons butter unsalted soft cut into 1/2-inch dice 2 sticks
- ☐ 1 tablespoon water
- ☐ 1 teaspoon peppercorns white crushed preferably
- ☐ 2 tablespoons white wine

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ double boiler
- ☐ stove

Directions

- ☐ For the steak, preheat a large saute pan over medium-high heat. Oil the rump steak and then place into the preheated pan. Cook for about 2 minutes on the first side, and then flip and finish cooking the second side, about 2 minutes more. This will yield a steak that is on the rare side; cook 1 to 2 minutes longer, per side, for a more well-done piece.
- ☐ Let rest for 5 to 10 minutes.
- ☐ For the Sauce Bearnaise, put the shallot, tarragon stalks, 1 tablespoon of the chopped tarragon and the chervil, if using, and the vinegar, wine, and peppercorns in a heavy-bottomed saucepan and boil until reduced to about 1 tablespoon. Don't move from the stove; this doesn't take long.
- ☐ Press the reduced liquid through a regular or tea strainer and leave to cool. Put egg yolks and water in the top of a double boiler. Set over the bottom, in which water has come to a simmer.
- ☐ Add the reduced and strained liquid and whisk well. Keep whisking as you add the butter, cube by cube, until it is all absorbed. Taste, season as you wish with the salt and pepper, and add lemon juice as you wish. Stir in the remaining tablespoon of fresh chopped tarragon as you're about to serve with the steak.

Nutrition Facts

 **PROTEIN 15.32%**  **FAT 82.16%**  **CARBS 2.52%**

Properties

Glycemic Index:49.25, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:20.803043324014%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 753.91kcal (37.7%), Fat: 69g (106.15%), Saturated Fat: 34.04g (212.74%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 3.69g (1.34%), Sugar: 0.44g (0.49%), Cholesterol: 335.37mg (111.79%), Sodium: 275.96mg (12%), Alcohol: 0.77g (100%), Alcohol %: 0.43% (100%), Protein: 28.94g (57.88%), Selenium: 37.93µg (54.18%), Vitamin B3: 8.87mg (44.35%), Vitamin B6: 0.85mg (42.28%), Vitamin A: 1814.45IU (36.29%), Zinc: 5.38mg (35.87%), Phosphorus: 327.04mg (32.7%), Vitamin B12: 1.71µg (28.46%), Vitamin E: 4.04mg (26.96%), Iron: 4.13mg (22.92%), Manganese: 0.43mg (21.48%), Potassium: 605.9mg (17.31%), Vitamin B2: 0.27mg (16.01%), Vitamin K: 14.01µg (13.34%), Folate: 51.44µg (12.86%), Calcium: 127.68mg (12.77%), Vitamin B5: 1.23mg (12.28%), Magnesium: 48.19mg (12.05%), Vitamin D: 1.68µg (11.22%), Vitamin B1: 0.13mg (8.55%), Copper: 0.16mg (7.94%), Fiber: 1.08g (4.33%), Vitamin C: 3.57mg (4.32%)