



Bistecca alla Fiorentina with Balsamic-Rosemary Steak Sauce and Grilled Treviso with Gorgonzola



Gluten Free

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READY IN

ready

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140 min.

SERVINGS

servings

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4

CALORIES

calories

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714 kcal

Ingredients



1 cup balsamic vinegar



4 servings balsamic vinegar for drizzling



2 tablespoons canola oil plus more drizzling



4 servings parsley leaves fresh for garnish



1 sprig rosemary fresh



2 tablespoons rosemary fresh finely chopped



1 clove garlic smashed

- ☐ 8 cloves garlic finely chopped
- ☐ 4 ounces gorgonzola crumbled
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons horseradish prepared
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon blackstrap molasses
- ☐ 2 tablespoons olive plus more drizzling
- ☐ 2 porterhouse steaks thick
- ☐ 3 large bell peppers diced red peeled seeded
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 teaspoons worcestershire sauce
- ☐ 2 heads treviso
- ☐ 2 heads treviso

Equipment

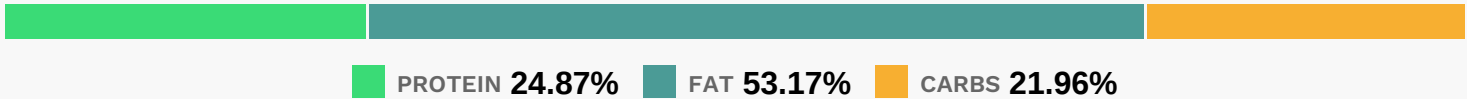
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ grill

Directions

- ☐ Special equipment: 1 cup almond or cherry wood chips, soaked for 30 minutes
- ☐ Whisk together the oils, garlic and rosemary in a large baking dish.
- ☐ Add the steaks and turn to coat in the marinade. Cover and refrigerate for at least 1 hour and up to 12 hours.

- ☐ Remove the steaks from the refrigerator 30 minutes before grilling and let sit at room temperature.
- ☐ Heat a grill to high heat for direct grilling.
- ☐ Add the soaked wood chips to the charcoal or put the wood chips in a smoker box and add to a gas grill. Close the lid and let heat for 5 minutes.
- ☐ Remove the steaks from the marinade and pat dry.
- ☐ Sprinkle both sides liberally with the salt and pepper. Grill until charred on both sides and cooked to medium-rare doneness, 5 to 6 minutes per side.
- ☐ Remove from the grill, drizzle with a little of the Balsamic-Rosemary Steak Sauce and let rest 5 minutes before slicing.
- ☐ While steaks are grilling, brush the Treviso with canola oil and season with salt and pepper. Grill until slightly charred on all sides and just beginning to wilt.
- ☐ Transfer to a platter, fan out the leaves, drizzle with a little balsamic, extra-virgin olive oil and crumble over the gorgonzola. Top with slices of the steak and drizzle with more steak sauce.
- ☐ Garnish with parsley leaves.
- ☐ Combine the balsamic vinegar, garlic and rosemary in a small saucepan and cook over high heat until reduced by half, about 10 minutes.
- ☐ Remove the rosemary and let cool to room temperature.
- ☐ Place the peppers, honey, horseradish, molasses, red wine vinegar, Worcestershire sauce and some of the cooled balsamic mixture in a blender. Blend until smooth. Season with the salt and pepper. Taste, and add more of the balsamic reduction as desired.

Nutrition Facts



Properties

Glycemic Index:111.57, Glycemic Load:15.59, Inflammation Score:-10, Nutrition Score:37.52913045624%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

0.41mg

Nutrients (% of daily need)

Calories: 714.08kcal (35.7%), Fat: 41.5g (63.85%), Saturated Fat: 16.24g (101.5%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 35.07g (12.75%), Sugar: 30.61g (34.01%), Cholesterol: 116.46mg (38.82%), Sodium: 1161.65mg (50.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.68g (87.36%), Vitamin C: 167.42mg (202.93%), Vitamin A: 4455.13IU (89.1%), Vitamin B12: 5.07µg (84.53%), Vitamin K: 78.17µg (74.45%), Vitamin B6: 1.19mg (59.27%), Selenium: 34.5µg (49.29%), Phosphorus: 473.08mg (47.31%), Zinc: 6.95mg (46.31%), Vitamin B3: 7.9mg (39.48%), Potassium: 1131.62mg (32.33%), Vitamin B2: 0.54mg (31.91%), Iron: 5.58mg (31.03%), Manganese: 0.54mg (26.91%), Calcium: 233.52mg (23.35%), Vitamin E: 3.43mg (22.89%), Folate: 89.29µg (22.32%), Magnesium: 85.4mg (21.35%), Vitamin B1: 0.27mg (17.86%), Vitamin B5: 1.53mg (15.32%), Fiber: 3.49g (13.96%), Copper: 0.27mg (13.26%)