



Caesar T-Bone Steak with Stout Pan Sauce

READY IN



60 min.

SERVINGS



4

CALORIES



1015 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fillet anchovy
- 2 pounds baby potatoes red
- 1 teaspoon cornstarch
- 5 cloves garlic
- 0.5 teaspoon hot sauce
- 4 servings kosher salt and ground pepper black finely
- 3 tablespoons olive oil extra-virgin
- 1 shallots finely chopped
- 1 cup stout beer

- 2.5 pounds t-bone steaks
- 3 thyme sprigs fresh
- 3 tablespoons butter unsalted
- 2 tablespoons worcestershire sauce

Equipment

- baking sheet
- sauce pan
- oven
- whisk
- grill

Directions

- Preheat the oven to 450 degrees F. Halve the potatoes and place on a baking sheet. Then smash 3 of the garlic cloves and toss them with the potatoes, thyme, oil, 3/4 teaspoon salt and 1/2 teaspoon pepper. Roast the potatoes until golden and tender, about 40 minutes.
- Preheat the grill to high heat.
- While potatoes roast, mash the remaining 2 garlic cloves with the anchovies and a large pinch of salt into a paste. Rub the paste all over the steaks, and then sprinkle each steak with 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill the steaks, turning occasionally, until grill marks appear, about 8 minutes for medium-rare.
- Let the steaks rest while making the sauce.
- Heat 1 tablespoon of the butter in a medium saucepan over medium-high heat until hot. Stir in the shallots and cook until golden, about 3 minutes.
- Whisk in the beer, Worcestershire and hot sauce. Simmer until the liquid is reduced to half, about 4 minutes. Stir together the cornstarch and 2 teaspoons water and whisk into the simmering sauce until thickened, about 30 seconds.
- Remove the saucepan from the heat and whisk in the remaining 2 tablespoons butter, 1 tablespoon at a time. Season the sauce with 1/4 teaspoon salt and pepper to taste.
- Slice the steaks and serve with the sauce and potatoes.

Nutrition Facts

PROTEIN 25.95% FAT 55.59% CARBS 18.46%

Properties

Glycemic Index:55.19, Glycemic Load:29.66, Inflammation Score:-8, Nutrition Score:37.246521545493%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 1014.56kcal (50.73%), Fat: 61.37g (94.42%), Saturated Fat: 23.97g (149.84%), Carbohydrates: 45.87g (15.29%), Net Carbohydrates: 40.46g (14.71%), Sugar: 3.16g (3.51%), Cholesterol: 182.53mg (60.84%), Sodium: 295.38mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.46g (128.92%), Vitamin B12: 7.91µg (131.86%), Vitamin B6: 1.82mg (91.06%), Selenium: 48.96µg (69.94%), Zinc: 10.1mg (67.34%), Vitamin B3: 13.08mg (65.4%), Phosphorus: 644.22mg (64.42%), Vitamin C: 49.03mg (59.43%), Potassium: 1951.64mg (55.76%), Iron: 8.33mg (46.27%), Vitamin B2: 0.61mg (36.01%), Vitamin B1: 0.48mg (32.29%), Magnesium: 114.66mg (28.66%), Copper: 0.51mg (25.72%), Manganese: 0.49mg (24.64%), Fiber: 5.4g (21.62%), Vitamin B5: 1.62mg (16.2%), Folate: 57.09µg (14.27%), Vitamin E: 1.8mg (12.02%), Vitamin K: 11.74µg (11.18%), Calcium: 71.52mg (7.15%), Vitamin A: 312.22IU (6.24%), Vitamin D: 0.16µg (1.05%)