



Cocoa-Rubbed Steak With Bacon-Whiskey Gravy

READY IN



65 min.

SERVINGS



6

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 strips bacon diced
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup heavy cream
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper freshly ground

- ☐ 1 leek light white green finely chopped and parts only
- ☐ 1 teaspoon brown sugar light packed
- ☐ 3 cups chicken broth low-sodium
- ☐ 0.3 teaspoon paprika smoked
- ☐ 3 pound new york strip steaks thick
- ☐ 2 teaspoons paprika sweet
- ☐ 1 tablespoon butter unsalted
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 0.5 cup irish whiskey

Equipment

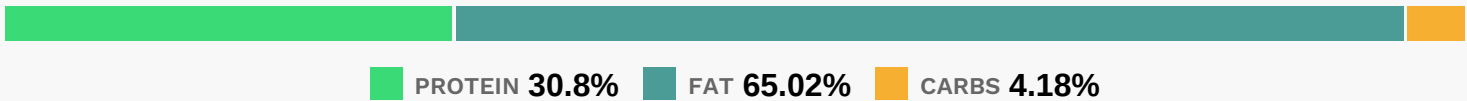
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Mix the cocoa powder, both paprikas, brown sugar, cayenne and 2 teaspoons salt; rub on the steak and bring to room temperature, 30 minutes.
- ☐ Make the gravy: Cook the bacon in a large skillet over medium heat, stirring, until crisp, about 5 minutes.
- ☐ Remove to paper towels with a slotted spoon; set aside.
- ☐ Add the leek to the drippings and cook until soft, about 3 minutes.
- ☐ Add the flour and cook, stirring, 1 minute.
- ☐ Remove the skillet from the heat.
- ☐ Add the whiskey, then return to medium heat; if the alcohol ignites, let the flames die out. Bring to a simmer and cook, stirring occasionally, until slightly thickened, about 2 minutes.
- ☐ Add the chicken broth and bay leaves. Bring to a boil over medium-high heat and cook until the mixture is reduced by one-quarter, about 8 minutes.

- ☐
- Whisk in the heavy cream and simmer, stirring occasionally, until the gravy coats a spoon, about 7 minutes. Stir in the butter, reserved bacon and parsley; season with salt and pepper. Keep warm.
- ☐
- Heat a large cast-iron skillet over high heat, about 3 minutes.
- ☐
- Add 1 tablespoon butter; when it melts, add the steak and sear until a dark crust forms, about 8 minutes per side.
- ☐
- Transfer to a cutting board and let rest 5 minutes. Season with salt. Slice and serve with the gravy.
- ☐
- Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:27.082609005596%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 706.1kcal (35.31%), Fat: 47.95g (73.76%), Saturated Fat: 22.28g (139.27%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6g (2.18%), Sugar: 2.09g (2.33%), Cholesterol: 175.45mg (58.48%), Sodium: 648.26mg (28.19%), Alcohol: 7.08g (100%), Alcohol %: 2.13% (100%), Protein: 51.1g (102.2%), Selenium: 59.66µg (85.23%), Zinc: 12.11mg (80.76%), Vitamin B3: 13.59mg (67.93%), Vitamin B12: 3.99µg (66.53%), Vitamin B6: 1.02mg (50.95%), Phosphorus: 411.86mg (41.19%), Vitamin B2: 0.65mg (38.33%), Vitamin K: 33.73µg (32.13%), Iron: 4.99mg (27.71%), Potassium: 825.94mg (23.6%), Vitamin A: 1155.04IU (23.1%), Vitamin B1: 0.27mg (17.93%), Magnesium: 62.83mg (15.71%), Copper: 0.31mg (15.41%), Manganese: 0.14mg (6.76%), Folate: 22.26µg (5.57%), Calcium: 49.74mg (4.97%), Vitamin E: 0.69mg (4.61%), Vitamin C: 3.76mg (4.56%), Vitamin D: 0.64µg (4.25%), Fiber: 0.95g (3.79%), Vitamin B5: 0.19mg (1.88%)