



 **54%**  
HEALTH SCORE

## Dry Rubbed Rib Eye with Mushroom Sauce

 **Gluten Free**

READY IN



**50 min.**

SERVINGS



**1**

CALORIES



**1736 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound baby carrots with a little green left attached
- 1 shot brandy
- 1 pinch brown sugar generous
- 3 tablespoons brown sugar
- 4 tablespoons butter
- 1 pinch cayenne pepper
- 1 pinch cayenne pepper
- 6 cremini mushrooms sliced

- 1 pinch pepper red crushed
- 1 tablespoon chives fresh finely chopped
- 2 sage leaves fresh finely chopped
- 3 sprigs thyme leaves fresh leaves picked
- 0.5 clove garlic smashed finely chopped
- 1 clove garlic smashed
- 1 clove garlic smashed finely chopped
- 1 pinch garlic powder
- 0.5 juice of lemon juiced
- 1 serving kosher salt
- 2 pinches kosher salt generous
- 1 serving olive oil extra-virgin
- 3 tablespoons olive oil extra-virgin
- 1 rib eye steak bone-in
- 1 small shallots minced
- 0.8 cup veal demi-glaze
- 3 bliss red cut into quarters

## Equipment

- bowl
- frying pan
- sauce pan
- pot
- kitchen towels

## Directions

- Combine all the dry ingredients in a bowl. Use your fingers to make sure that all of the ingredients are evenly distributed. Rub the outside of each steak generously with the rub.
- Let sit for a few minutes.

- Preheat a saute pan or cast iron skillet over high heat.
- Lightly oil the steaks.
- Place the steaks in a very hot pan and get a good sear on both sides. Cook for 6 to 7 minutes per side for medium-rare.
- Remove the steak from the pan and let rest in a warm spot for 7 to 8 minutes.
- Drain the fat from the pan.
- Add the shallots and bring the pan to a medium heat and season with salt. Cook the shallots for 3 to 4 minutes and add in the garlic. Cook the garlic and shallots together for 2 to 3 minutes.
- Add the mushrooms, season with salt, and stir to coat with oil. Cook the mushrooms until they look soft and wilted, 4 to 5 minutes.
- Add the brandy and cook until it has reduced by half.
- Add the veal demi-glaze. Bring to a boil and reduce to a simmer and simmer for 4 to 5 minutes; the consistency should be almost as thick as gravy. If it is still thin, let it simmer for another couple of minutes until it does thicken.
- Check the consistency by coating a spoon with the sauce, turn the spoon over and draw a line down the middle of the spoon with your finger. If your finger leaves a track down the spoon without moving, then it is ready! Taste and adjust the salt, if needed.
- Slice the steak on the bias across the grain leaving a few bites of meat on the bone.
- Serve slices and meat on the bone over Crispy Smashed Potatoes and top with mushroom sauce.
- Serve with Glazed Carrots on the side.
- Place the potatoes in a saucepan filled with cold water. Salt the water. Bring the potatoes to a boil over medium-high heat. Cook until just tender, 8 to 10 minutes.
- Drain the potatoes.
- Heat the olive oil in a pan with high sides over high heat. Stir in the garlic and cook for 1 minute. Stir in the crushed red pepper.
- Add the potatoes and saute until beginning to brown. Lightly smash the potatoes and flip them to brown the other side. Season with salt and keep warm.
- Bring a pot of well-salted water to a boil. Set up a bowl of well-salted ice water. Blanch the carrots in the boiling water. When they are cooked but still have some crunch, plunge them immediately into the ice water. When cool, use a clean tea towel to rub the skin off the

carrots. Reserve.

To a large skillet add the butter, sugar, lemon juice, garlic, thyme, cayenne and about 1/2 cup water. Bring the pan to medium heat, swirling occasionally. When most of the water has reduced and the mixture seems homogenous, remove the garlic and add the carrots and stir until they are coated. Cook until the carrots are completely coated and hot, another 2 to 3 minutes.

## Nutrition Facts

**PROTEIN 10.57%** **FAT 61.42%** **CARBS 28.01%**

### Properties

Glycemic Index:427.75, Glycemic Load:23.41, Inflammation Score:-10, Nutrition Score:63.286087308241%

### Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

### Nutrients (% of daily need)

Calories: 1736.17kcal (86.81%), Fat: 114.07g (175.49%), Saturated Fat: 41.49g (259.34%), Carbohydrates: 117.05g (39.02%), Net Carbohydrates: 97.88g (35.59%), Sugar: 63.4g (70.44%), Cholesterol: 259.39mg (86.46%), Sodium: 1857.48mg (80.76%), Alcohol: 14.7g (100%), Alcohol %: 1.6% (100%), Protein: 44.15g (88.3%), Vitamin A: 64341.9IU (1286.84%), Vitamin B3: 21.85mg (109.24%), Vitamin B6: 2.03mg (101.32%), Copper: 1.76mg (88.18%), Potassium: 3082.12mg (88.06%), Vitamin K: 90.46µg (86.15%), Vitamin B2: 1.32mg (77.65%), Fiber: 19.17g (76.69%), Phosphorus: 761.37mg (76.14%), Vitamin C: 61.74mg (74.83%), Selenium: 52.17µg (74.53%), Manganese: 1.47mg (73.57%), Vitamin E: 9.97mg (66.49%), Vitamin B5: 6.6mg (65.98%), Folate: 219.88µg (54.97%), Zinc: 8.15mg (54.36%), Iron: 8.92mg (49.54%), Vitamin B12: 2.49µg (41.55%), Magnesium: 154.74mg (38.68%), Vitamin B1: 0.56mg (37.65%), Calcium: 297.47mg (29.75%)