



Pan-Seared Rib-Eye Steak with Béarnaise (Entrecôte Béarnaise)

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup wine dry white
- 3 large egg yolk
- 2 tablespoons tarragon fresh divided chopped
- 0.5 teaspoon juice of lemon fresh to taste
- 4 servings potatoes
- 0.3 cup shallots finely chopped
- 1 stick butter unsalted cut into 8 pieces

- 1 tablespoon vegetable oil
- 0.3 cup citrus champagne vinegar

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- aluminum foil

Directions

- Halve steaks crosswise, then pat dry and sprinkle all over with 1 teaspoon salt and 1/2 teaspoon pepper (total).
- Heat a 12-inch heavy ovenproof skillet (not nonstick) over medium heat until hot, then add oil, swirling skillet to coat bottom, and cook steaks 5 minutes per side for medium-rare.
- Transfer steaks to a platter and let stand, loosely covered with foil, 5 minutes.
- Boil wine, vinegar, shallots, and 1 tablespoon tarragon in a small heavy saucepan until liquid is reduced to 2 tablespoons, then strain through a fine-mesh sieve set into a medium metal bowl, pressing on and then discarding solids.
- Whisk yolks into vinegar mixture, then set bowl over a pan of barely simmering water and cook, whisking constantly, until yolks have thickened slightly (do not scramble).
- Whisk in butter 1 piece at a time, adding each piece before previous one has melted completely.
- Remove from heat and whisk in lemon juice, remaining tablespoon tarragon, 1/2 teaspoon salt, and 1/2 teaspoon pepper (or to taste).
- Serve steaks with sauce.
- The egg yolks in the sauce will not be fully cooked.·Béarnaise can be made 20 minutes ahead and kept in bowl, covered, over hot water off heat.

Nutrition Facts



■ PROTEIN 4.55% ■ FAT 88.41% ■ CARBS 7.04%

Properties

Glycemic Index:49.69, Glycemic Load:1.84, Inflammation Score:-6, Nutrition Score:7.0773912668228%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 310.68kcal (15.53%), Fat: 29.96g (46.1%), Saturated Fat: 16.32g (101.98%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.61g (1.68%), Sugar: 1.42g (1.58%), Cholesterol: 198.44mg (66.15%), Sodium: 15.18mg (0.66%), Alcohol: 1.54g (100%), Alcohol %: 2.08% (100%), Protein: 3.47g (6.95%), Vitamin A: 1037.47IU (20.75%), Manganese: 0.36mg (17.81%), Selenium: 7.77µg (11.1%), Iron: 1.78mg (9.88%), Vitamin B6: 0.19mg (9.58%), Folate: 34.51µg (8.63%), Vitamin E: 1.27mg (8.46%), Vitamin K: 8.52µg (8.11%), Phosphorus: 80.85mg (8.08%), Vitamin B2: 0.13mg (7.61%), Vitamin D: 1.11µg (7.41%), Calcium: 70.97mg (7.1%), Potassium: 197.09mg (5.63%), Vitamin B12: 0.3µg (4.94%), Magnesium: 18.82mg (4.7%), Vitamin B5: 0.47mg (4.66%), Vitamin C: 3.45mg (4.18%), Zinc: 0.54mg (3.6%), Fiber: 0.76g (3.02%), Vitamin B1: 0.04mg (2.88%), Copper: 0.05mg (2.72%), Vitamin B3: 0.39mg (1.93%)