



Flank Steak over Corn-Kernel Polenta

READY IN



45 min.

SERVINGS



4

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brandy
- 2 tablespoons butter
- 1.3 cups cornmeal
- 2 tablespoons cooking oil
- 0.8 teaspoon thyme leaves dried
- 1 cup cooking wine dry white
- 1.5 pounds flank steak
- 2 cups corn kernels fresh frozen (cut from 3 ears)
- 2 cloves garlic minced

- 0.3 teaspoon fresh-ground pepper black
- 2.3 teaspoons salt
- 5.5 cups water

Equipment

- frying pan
- sauce pan
- whisk

Directions

- In a medium saucepan, bring the water, 1 3/4 teaspoons of the salt, and 1/2 teaspoon of the thyme to a boil. Stir in the corn and cook until tender, 5 minutes for fresh, 1 minute for frozen.
- Add the cornmeal in a slow stream, whisking. Reduce the heat and simmer, stirring frequently, until very thick, about 20 minutes.
- Remove from the heat. Stir in the butter.
- In a large frying pan, heat the oil over moderate heat.
- Sprinkle the steak with the remaining 1/2 teaspoon salt and the pepper.
- Add the meat to the pan and cook for 5 minutes. Turn and cook to your taste, about 5 minutes longer for medium rare, depending on the thickness.
- Remove.
- Reduce the heat to moderately low.
- Add the garlic to the pan and cook, stirring, for 30 seconds.
- Add the remaining 1/4 teaspoon thyme, the wine, and the brandy and stir to dislodge any brown bits that cling to the bottom of the pan. Boil until reduced to approximately 1/4 cup, 3 to 4 minutes. Slice the steak across the grain and on the diagonal.
- Serve the steak over a bed of corn polenta, with the sauce drizzled over all.
- Wine Recommendation: Cabernet sauvignon goes well with red meat, which tames the tannic wine. One from Napa Valley is just the ticket here.

Nutrition Facts



■ PROTEIN **28.44%** ■ FAT **36.57%** ■ CARBS **34.99%**

Properties

Glycemic Index:52.63, Glycemic Load:23.44, Inflammation Score:-8, Nutrition Score:28.082608533942%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 732.54kcal (36.63%), Fat: 25.3g (38.93%), Saturated Fat: 8.44g (52.74%), Carbohydrates: 54.46g (18.15%), Net Carbohydrates: 47.89g (17.41%), Sugar: 5.96g (6.63%), Cholesterol: 117.11mg (39.04%), Sodium: 1476.19mg (64.18%), Alcohol: 16.2g (100%), Alcohol %: 2.81% (100%), Protein: 44.27g (88.54%), Selenium: 54.15µg (77.36%), Vitamin B6: 1.46mg (72.99%), Vitamin B3: 13.28mg (66.39%), Zinc: 8.65mg (57.65%), Phosphorus: 543.92mg (54.39%), Magnesium: 131.38mg (32.85%), Manganese: 0.61mg (30.57%), Potassium: 1000.79mg (28.59%), Iron: 5.04mg (27.98%), Vitamin B1: 0.4mg (26.87%), Fiber: 6.56g (26.26%), Vitamin B12: 1.56µg (26%), Vitamin B5: 1.95mg (19.52%), Copper: 0.36mg (18.06%), Folate: 71.97µg (17.99%), Vitamin B2: 0.3mg (17.65%), Vitamin E: 2.14mg (14.29%), Vitamin K: 11.53µg (10.98%), Vitamin C: 5.49mg (6.66%), Calcium: 64.81mg (6.48%), Vitamin A: 318.45IU (6.37%)