



Flatiron Steak with Herbed Red Bliss Potatoes, Red Onion Marmalade and Red Wine Demi-Glace

READY IN



110 min.

SERVINGS



6

CALORIES



1004 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 0.3 cup butter cubed
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup canola oil
- ☐ 36 ounce flatiron steaks boneless also sold as top chuck
- ☐ 0.3 cup flour all-purpose

- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 tablespoons garlic powder
- ☐ 0.5 cup grape jelly
- ☐ 0.5 cup honey
- ☐ 2 tablespoons hot sauce recommended: Tabasco
- ☐ 1 small onion finely chopped
- ☐ 3 pounds bliss potatoes red with skin on, scrubbed and cut into quarters
- ☐ 4 medium onions red very thinly sliced
- ☐ 1 cup red wine divided
- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons salt
- ☐ 1 pint veal stock

Equipment

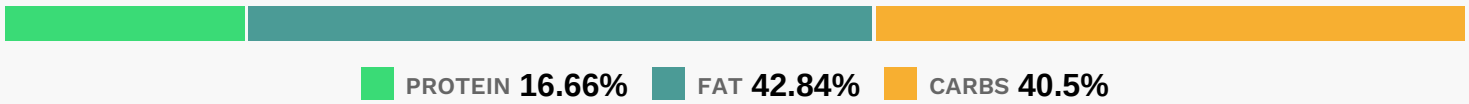
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ meat tenderizer

Directions

- ☐ Season the steaks with salt, pepper, and garlic powder. Tenderize steaks with meat mallet to break down the muscle and integrate spices into the meat.
- ☐ Place them in a bowl and pour 1/2 cup of the wine over them, letting them marinate, for a minimum of 25 minutes.

- ☐ Prepare demi-glace by melting the butter over medium heat in a saucepan and sauteing onion until tender.
- ☐ Whisk in flour with a fork to make a roux, then add 1/2 cup red wine and veal stock.
- ☐ Let simmer over medium heat until reduced by 1/3, stirring occasionally.
- ☐ Preheat oven to 350 degrees F. In a large bowl, coat potatoes with 1/2 cup of the canola oil and toss with 2 tablespoons salt, 1 tablespoon pepper, fresh thyme, and fresh rosemary.
- ☐ Place the potatoes in a baking pan and roast them in the oven until tender, about 35 to 45 minutes.
- ☐ In a hot skillet, heat the onions (heat them dry with no oil) for about 3 minutes. The idea is to remove the liquid from the onions, by "sweating them down."
- ☐ Add the honey, vinegar, remaining 1/2 cup wine, hot sauce and grape jelly, and stir well. Reduce over medium low heat until there is no liquid left in the pan and marmalade mixture is tacky.
- ☐ When the potatoes have been roasting for about 1/2 hour, heat 1/4 cup canola oil in a saute pan. Sear both sides of the steak in the hot pan until golden brown, but do not cook beyond medium, or the steak may become tough. To finish the demi-glace, remove from heat and whisk the butter into the warm reduction. Arrange potatoes around the meat and top meat with marmalade.
- ☐ Drizzle with demi-glace sauce.

Nutrition Facts



Properties

Glycemic Index:86.17, Glycemic Load:56.82, Inflammation Score:-10, Nutrition Score:40.209565535836%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg

0.87mg, Naringenin: 0.87mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 4.27mg, Isorhamnetin: 4.27mg, Isorhamnetin: 4.27mg, Isorhamnetin: 4.27mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 19.26mg, Quercetin: 19.26mg, Quercetin: 19.26mg, Quercetin: 19.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 1003.94kcal (50.2%), Fat: 46.88g (72.12%), Saturated Fat: 17.58g (109.88%), Carbohydrates: 99.73g (33.24%), Net Carbohydrates: 91.86g (33.4%), Sugar: 43.13g (47.93%), Cholesterol: 152.93mg (50.98%), Sodium: 2875.55mg (125.02%), Alcohol: 4.24g (100%), Alcohol %: 0.73% (100%), Protein: 41.01g (82.02%), Vitamin B12: 8.62µg (143.7%), Zinc: 12.98mg (86.54%), Selenium: 56.26µg (80.37%), Vitamin B6: 1.55mg (77.3%), Vitamin C: 60.81mg (73.71%), Potassium: 1922.2mg (54.92%), Phosphorus: 534.03mg (53.4%), Vitamin B3: 9.54mg (47.68%), Iron: 7.65mg (42.48%), Manganese: 0.82mg (40.95%), Vitamin B2: 0.65mg (38.32%), Vitamin B1: 0.48mg (31.93%), Fiber: 7.87g (31.48%), Copper: 0.62mg (30.84%), Magnesium: 118.7mg (29.68%), Vitamin B5: 2.53mg (25.29%), Vitamin E: 3.13mg (20.89%), Folate: 76.76µg (19.19%), Vitamin K: 18.32µg (17.44%), Vitamin A: 622.6IU (12.45%), Calcium: 99.65mg (9.96%)