



French Dip Sandwich

READY IN



70 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pounds beef bone marrow cut into 2- to 3-inch pieces
- 6 servings pepper black freshly ground
- 0.8 cup wine dry red
- 6 servings kosher salt
- 2.5 cups beef broth low-sodium
- 1.5 pounds roast beef thinly sliced
- 6 sandwich rolls sweet french sliced in half horizontally
- 6 tablespoons butter unsalted at room temperature ()
- 2 tablespoons vegetable oil

Equipment

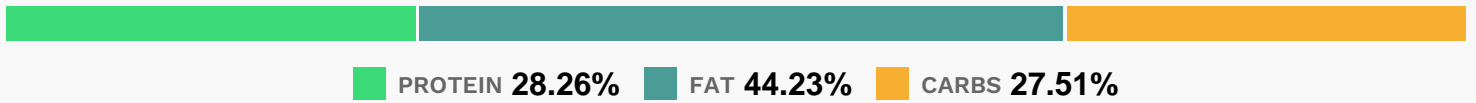
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- wire rack
- pot
- sieve
- wooden spoon
- dutch oven
- tongs

Directions

- For the jus: Season the beef bones with salt and pepper.
- Heat the oil in a Dutch oven or large, heavy-bottomed pot over medium-high heat until shimmering.
- Add half of the bones and sear until golden brown on all sides, adjusting the heat as needed so the bottom of the pan doesn't burn, about 6 to 8 minutes total.
- Remove the bones to a large plate and repeat with the remaining bones.
- Add the wine, scrape up any browned bits from the bottom of the pan with a wooden spoon, and simmer until the wine is reduced by half, about 3 to 4 minutes. Return the bones and any accumulated juices on the plate to the pot.
- Add the broth, measured salt, and measured pepper and bring to a boil. Reduce the heat to low, cover with a tightfitting lid, and simmer until the jus has a deep beefy flavor, about 15 minutes. Uncover, increase the heat to medium, and simmer until the liquid is reduced to about 2 1/2 cups, about 10 minutes.
- Remove and discard the bones. Set a fine-mesh strainer over a medium saucepan.
- Pour the jus through the strainer and discard the contents of the strainer.

- Heat the oven to broil and arrange a rack in the middle.
- Spread the butter on the cut sides of the rolls and season with salt and pepper.
- Place the rolls butter-side up on a baking sheet and broil until golden brown and toasted, about 2 minutes.
- Place the baking sheet on a wire rack. Divide the roast beef into 6 portions. Using tongs, dip 1 portion into the warm jus and place on a roll. Repeat with the remaining portions of roast beef. Close each sandwich and slice in half. Divide the remaining jus among 6 small bowls.
- Serve with the sandwiches and horseradish mayonnaise, if using.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:20.806086991144%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 474.94kcal (23.75%), Fat: 22.31g (34.33%), Saturated Fat: 9.59g (59.94%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 29.9g (10.87%), Sugar: 1.02g (1.13%), Cholesterol: 94.74mg (31.58%), Sodium: 2395.4mg (104.15%), Alcohol: 3.15g (100%), Alcohol %: 0.68% (100%), Protein: 32.07g (64.14%), Vitamin C: 51.03mg (61.85%), Vitamin B3: 10.85mg (54.25%), Selenium: 30.03µg (42.9%), Calcium: 375.59mg (37.56%), Vitamin B12: 1.95µg (32.53%), Zinc: 4.64mg (30.96%), Phosphorus: 279.38mg (27.94%), Vitamin B6: 0.47mg (23.71%), Iron: 4.27mg (23.7%), Vitamin B1: 0.32mg (21.62%), Vitamin B2: 0.34mg (19.76%), Potassium: 583.8mg (16.68%), Folate: 64.91µg (16.23%), Manganese: 0.3mg (14.88%), Magnesium: 39.66mg (9.91%), Vitamin K: 9.82µg (9.35%), Copper: 0.18mg (8.8%), Vitamin A: 350.41IU (7.01%), Vitamin E: 0.94mg (6.24%), Vitamin B5: 0.59mg (5.91%), Fiber: 1.34g (5.35%), Vitamin D: 0.21µg (1.4%)