



French Dip Sandwiches

READY IN



220 min.

SERVINGS



6

CALORIES



1022 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound beef eye round roast
- 6 servings pepper black freshly ground
- 1 pinch cayenne pepper
- 2 stalks celery roughly chopped
- 0.5 teaspoon celery salt
- 2 teaspoons cooking sherry dry
- 2 tablespoons flour all-purpose
- 6 cloves garlic
- 6 servings kosher salt

- 4 cups beef broth low-sodium
- 1 cup mayonnaise
- 1 teaspoon olive oil extra-virgin
- 1 large onion thinly sliced
- 1 small onion roughly chopped
- 3 sprigs parsley
- 2 bunches scallions white separated chopped (and greens parts)
- 6 medium shallots thinly sliced
- 1.5 cups cup heavy whipping cream sour
- 6 rolls split italian lightly toasted
- 2 tablespoons butter unsalted
- 3 tablespoons vegetable oil
- 2 teaspoons citrus champagne vinegar
- 2 teaspoons worcestershire sauce

Equipment

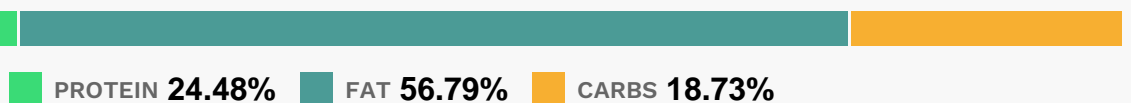
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- roasting pan
- kitchen thermometer
- cutting board

Directions

- Heat the vegetable oil in a large skillet over medium-low heat.
- Add the onion and a pinch of salt; cover and cook, stirring, until golden, about 35 minutes.

- Add the shallots and scallion whites; cover and cook, stirring, until browned, about 25 more minutes. Stir in the scallion greens, then remove from the heat and let cool.
- Chop the onion mixture and transfer to a bowl.
- Add the sour cream, mayonnaise, vinegar, Worcestershire sauce and 1 teaspoon salt. Cover and refrigerate at least 2 hours and up to 1 day.
- Make the beef for the sandwiches: Mince the garlic, then sprinkle with 1 teaspoon salt and mash into a paste with the flat side of a large knife.
- Transfer to a bowl; add the olive oil, celery salt, cayenne and 1/2 teaspoon black pepper.
- Cut small slits all over the beef with a knife, then use your fingers to push the garlic paste into the slits. Cover; refrigerate at least 1 hour or overnight.
- Preheat the oven to 425 degrees F. Bring the beef to room temperature.
- Sprinkle with 2 teaspoons salt and 1/2 teaspoon pepper.
- Place on a rack in a roasting pan; add 1 cup broth, 3/4 cup water, the celery, onion and parsley to the pan. Roast 10 minutes, then reduce the oven temperature to 350 degrees F and roast until a thermometer inserted into the center of the beef registers 115 degrees F, about 45 more minutes.
- Transfer to a cutting board; let rest 20 minutes. Strain the pan juices; reserve.
- Meanwhile, make the jus: Melt the butter in a medium saucepan over medium heat.
- Add the flour and cook, stirring, 1 minute.
- Whisk in the reserved pan juices and the remaining 3 cups broth and bring to a boil, whisking.
- Remove the pan from the heat and stir in the sherry.
- Brush the rolls with some of the onion spread. Thinly slice the beef against the grain. Dunk the slices in the jus, then layer on the rolls.
- Serve the remaining jus in small bowls for dipping.
- Photograph by Jonny Valiant

Nutrition Facts



Properties

Glycemic Index:81.17, Glycemic Load:26.71, Inflammation Score:-7, Nutrition Score:38.688261361226%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 1022.31kcal (51.12%), Fat: 63.93g (98.36%), Saturated Fat: 17.59g (109.95%), Carbohydrates: 47.44g (15.81%), Net Carbohydrates: 44.35g (16.13%), Sugar: 10.65g (11.84%), Cholesterol: 200.25mg (66.75%), Sodium: 1399.35mg (60.84%), Alcohol: 0.17g (100%), Alcohol %: 0.03% (100%), Protein: 62.01g (124.02%), Vitamin K: 106.95µg (101.85%), Selenium: 67.73µg (96.76%), Iron: 16.3mg (90.55%), Vitamin B6: 1.69mg (84.65%), Vitamin B3: 15.75mg (78.75%), Vitamin B12: 4.37µg (72.82%), Zinc: 9.96mg (66.41%), Phosphorus: 581.49mg (58.15%), Potassium: 1404.68mg (40.13%), Vitamin B2: 0.52mg (30.38%), Vitamin E: 3mg (19.98%), Vitamin B1: 0.29mg (19.54%), Magnesium: 74.88mg (18.72%), Folate: 65.96µg (16.49%), Copper: 0.31mg (15.36%), Calcium: 150.04mg (15%), Vitamin B5: 1.44mg (14.41%), Vitamin A: 691.92IU (13.84%), Manganese: 0.27mg (13.63%), Fiber: 3.09g (12.35%), Vitamin C: 9.03mg (10.95%)