



Grilled Hanger Steak with Brandied Green Peppercorn Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brandy
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 tablespoons peppercorns green rinsed drained chopped
- ☐ 0.5 cup heavy cream
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 3 tablespoons canola olive oil blend plus more for drizzling
- ☐ 2 shallots diced finely

- ☐ 2 pounds hanger steak trimmed
- ☐ 3 tablespoons butter unsalted cold

Equipment

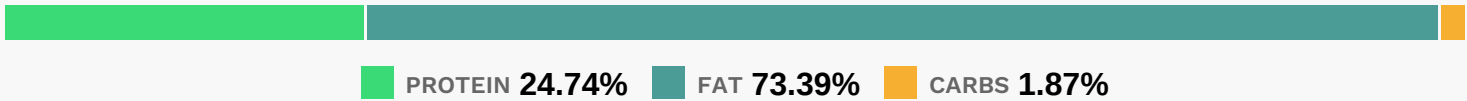
- ☐ frying pan
- ☐ oven
- ☐ stove
- ☐ grill pan

Directions

- ☐ Preheat the oven to 250 degrees F. Bring a large cast-iron grill pan to medium-high heat.
- ☐ Pat the steak dry and sprinkle liberally with salt and pepper.
- ☐ Drizzle with oil.
- ☐ Place the steak into the pan and sear until browned (without moving the steak), 3 to 4 minutes. Turn the steak over and cook a further 3 to 4 minutes on the second side for medium-rare.
- ☐ Remove the steak from the pan and add to a cast-iron pan.
- ☐ Put the steak into the oven for 5 minutes to finish cooking through.
- ☐ Remove from the oven and set aside to rest on a plate while you prepare the sauce.
- ☐ Place the cast-iron pan over medium heat and add the oil to heat. Once heated, add the shallots to the pan.
- ☐ Saute until translucent, 3 to 4 minutes.
- ☐ Add the thyme leaves, and then remove the pan from flame (for safety purposes) and add the brandy. Ignite the brandy by returning to the stove top and tilting the pan toward the open flame, or carefully lighting with a lighter or match. Once the flames subside, add the cream and swirl to incorporate.
- ☐ Add the peppercorns and simmer the sauce until it has reduced by two-thirds to a smooth, slightly thick consistency, 3 to 5 minutes.
- ☐ Add any pan drippings to the sauce. Season with salt, if needed. To finish, remove the pan from the heat and swirl in the butter.

To serve, slice the rested hanger steak into 1/2-inch strips, against the grain, and serve with a drizzle of brandied green peppercorn sauce over the top.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:23.47434796976%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Nutrients (% of daily need)

Calories: 787.55kcal (39.38%), Fat: 61.85g (95.15%), Saturated Fat: 27.96g (174.72%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.08g (1.12%), Sugar: 1.86g (2.07%), Cholesterol: 194.54mg (64.85%), Sodium: 475.22mg (20.66%), Alcohol: 5.01g (100%), Alcohol %: 2.03% (100%), Protein: 46.91g (93.81%), Selenium: 56.49µg (80.69%), Zinc: 11.78mg (78.54%), Vitamin B12: 3.83µg (63.84%), Vitamin B3: 11.16mg (55.82%), Vitamin B6: 0.96mg (48.03%), Vitamin B2: 0.61mg (35.71%), Phosphorus: 354.99mg (35.5%), Iron: 4.24mg (23.54%), Potassium: 683.84mg (19.54%), Vitamin A: 757.99IU (15.16%), Vitamin B1: 0.21mg (14.31%), Vitamin E: 2.03mg (13.56%), Magnesium: 53.35mg (13.34%), Vitamin K: 11.51µg (10.96%), Copper: 0.2mg (9.95%), Vitamin D: 0.86µg (5.74%), Calcium: 44.91mg (4.49%), Folate: 12.78µg (3.2%), Manganese: 0.05mg (2.45%), Vitamin C: 1.98mg (2.4%), Fiber: 0.47g (1.88%), Vitamin B5: 0.13mg (1.26%)