



Grilled Pailards of Beef with Red Wine and Port Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

BEVERAGE

DRINK

Ingredients

- 3 shallots
- 4 parsley fresh
- 6 servings pepper black freshly ground
- 1 cup port wine
- 750 ml cooking wine dry red
- 2 cups veal stock
- 1 bay leaves
- 1 tablespoon vegetable oil; peanut oil preferred

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- 6.3 inch beef strip steaks boneless (strip) (each 5 ounces)
- 6 servings available by request from butcher
- 2 thyme sprigs fresh
- 6 inch frangelico
- 6 servings frangelico
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Equipment

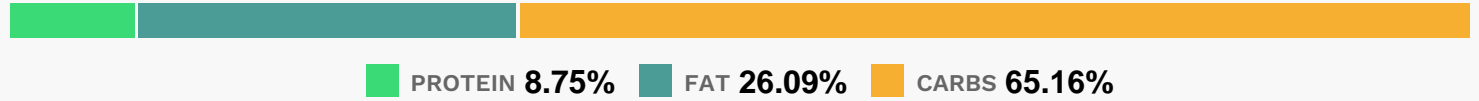
- frying pan
- sauce pan
- sieve
- grill
- grill pan
- cheesecloth
- kitchen twine

Directions

- Prepare grill.
- Make a bouquet garni by wrapping parsley, thyme, and bay leaf in cheesecloth and tying it closed with kitchen string. Thinly slice shallots. In a heavy 3- to 4-quart saucepan heat oil over moderately high heat until hot but not smoking and sauté shallots with bouquet garni, stirring, until shallots are golden.
- Add Port and deglaze pan, scraping up any brown bits.
- Add red wine and boil sauce until almost evaporated and reduced to a glaze, about 2 tablespoons.
- Add stock and boil sauce until slightly thickened and liquid is reduced to about 2/3 cup.
- Pour sauce through a fine sieve into a small saucepan and discard bouquet garni. Season sauce with pepper and salt and keep warm, covered.

- Pat steaks dry and season with pepper and salt. Grill steaks on a lightly oiled rack set 5 to 6 inches over glowing coals about 30 seconds on each side for medium-rare. (Alternatively, grill steaks in a hot, lightly oiled, well-seasoned ridged grill pan over moderately high heat.)
- Serve steaks with sauce.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:7.4034782194573%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 391.43kcal (19.57%), Fat: 4.92g (7.57%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 26.15g (9.51%), Sugar: 8.53g (9.48%), Cholesterol: 7.24mg (2.41%), Sodium: 588.37mg (25.58%), Alcohol: 32.49g (100%), Alcohol %: 7.98% (100%), Protein: 3.71g (7.43%), Potassium: 1092.86mg (31.22%), Manganese: 0.42mg (20.99%), Calcium: 138.39mg (13.84%), Vitamin B6: 0.24mg (12.03%), Vitamin K: 11.34µg (10.8%), Magnesium: 41.31mg (10.33%), Phosphorus: 92.35mg (9.24%), Iron: 1.55mg (8.64%), Vitamin B2: 0.15mg (8.59%), Vitamin B3: 1.38mg (6.91%), Fiber: 1.49g (5.96%), Vitamin A: 273.71IU (5.47%), Copper: 0.09mg (4.64%), Zinc: 0.65mg (4.31%), Vitamin B1: 0.06mg (3.76%), Selenium: 2.42µg (3.46%), Vitamin C: 2.43mg (2.94%), Vitamin E: 0.4mg (2.64%), Folate: 9.86µg (2.47%), Vitamin B5: 0.16mg (1.63%)