



Grilled Steaks with Red Chile Sauce

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cider vinegar to taste
- ☐ 1 teaspoon cumin seeds toasted
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 3 oz guajillo chiles guajillo chiles dried
- ☐ 6 servings accompaniment: pickled onions red with cilantro
- ☐ 1 tablespoon oregano or dried fresh crumbled chopped
- ☐ 12 oz roasted peppers red seeded drained coarsely chopped

- ☐ 1 teaspoon salt to taste
- ☐ 2 tablespoons butter unsalted
- ☐ 4 cups boiling-hot water

Equipment

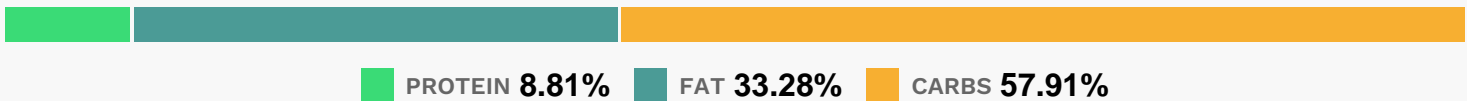
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ colander
- ☐ grill pan

Directions

- ☐ Rinse chiles and remove stems, then split open and discard seeds and ribs.
- ☐ Heat a dry well-seasoned cast-iron skillet or heavy skillet over moderate heat, then toast chiles in batches, turning them, about 30 seconds total.
- ☐ Transfer chiles to a heatproof bowl and pour boiling water over them. Cover bowl and soak chiles, stirring occasionally, until softened, about 20 minutes.
- ☐ Reserve 2 cups soaking liquid, then drain chiles in a colander. Purée chiles, reserved soaking liquid, and roasted peppers in 2 batches in a blender until smooth (use caution when blending hot liquids). Force purée through a fine-mesh sieve into a bowl, pressing on and discarding solids.
- ☐ Cook garlic, cumin, oregano, and salt in butter in a 4-quart heavy saucepan over moderately low heat, stirring, 1 minute.
- ☐ Add flour and cook, stirring, 2 minutes.

- ☐ Whisk in chile mixture and simmer, whisking occasionally, until reduced to about 2 1/2 cups, 15 to 20 minutes.
- ☐ Add vinegar and salt to taste. Keep sauce warm, covered.
- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderately high.
- ☐ Pat steaks dry and season with salt. Grill steaks, uncovered, on lightly oiled grill rack, turning over once, 6 to 8 minutes total for medium-rare.
- ☐ Transfer to a platter and let stand, loosely covered with foil, 5 minutes.
- ☐ Serve steaks with sauce.
- ☐ ·Sauce can be made 1 week ahead and cooled completely, then chilled, covered. ·If you aren't able to grill, steaks can be cooked in batches in a hot well-seasoned ridged grill pan.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:13.262173894955%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 122.01kcal (6.1%), Fat: 4.96g (7.64%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 13.3g (4.83%), Sugar: 8.22g (9.13%), Cholesterol: 10.03mg (3.34%), Sodium: 1188.38mg (51.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin A: 4185.71IU (83.71%), Vitamin C: 35.4mg (42.91%), Fiber: 6.14g (24.55%), Vitamin K: 21.11µg (20.11%), Manganese: 0.37mg (18.38%), Vitamin B6: 0.31mg (15.56%), Potassium: 453.77mg (12.96%), Vitamin B2: 0.22mg (12.8%), Iron: 2.04mg (11.35%), Vitamin B3: 1.74mg (8.72%), Copper: 0.17mg (8.41%), Folate: 31.23µg (7.81%), Magnesium: 30.05mg (7.51%), Calcium: 67.74mg (6.77%), Phosphorus: 57.56mg (5.76%), Vitamin E: 0.73mg (4.86%), Vitamin B1: 0.07mg (4.5%), Zinc: 0.43mg (2.84%), Vitamin B5: 0.25mg (2.52%), Selenium: 1.68µg (2.4%)