



Java Crusted New York Steak with Stout Glaze

READY IN



50 min.

SERVINGS



4

CALORIES



385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup peppercorns black
- 5.5 tablespoons cayenne pepper
- 0.5 cup grind roast coffee italian
- 0.3 cup brown sugar dark packed
- 0.3 cup sea salt
- 0.3 cup kosher salt
- 2 tablespoons olive oil
- 5.5 tablespoons paprika
- 6 inch new york strip steaks thick

- 16 ounces porter
- 2 tablespoons butter unsalted room temperature

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- cutting board

Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Combine coffee, peppercorns, 1/4 cup brown sugar, salt, garlic, cayenne pepper and paprika in a small bowl. Press firmly onto steaks.
- Let steaks rest, covered, for 30 minutes at room temperature.
- To cook, heat oil in a large saute pan until almost smoking.
- Add steaks and sear 2 to 3 minutes on each side. Do not overcrowd the pan. Use 2 pans if needed.
- Remove steaks to a baking dish and finish cooking in the oven until desired doneness.
- Remove to a cutting board or platter and let rest 10 minutes before slicing.
- Meanwhile, bring stout to a simmer in a small saucepan and reduce by about 1/2.
- Remove from the heat and whisk in the butter and 2 tablespoons brown sugar. After steaks have rested, pour any juices from the cutting board into the sauce, and serve with steaks.

Nutrition Facts

 PROTEIN 8.78%  FAT 36.89%  CARBS 54.33%

Properties

Glycemic Index:21, Glycemic Load:5.05, Inflammation Score:-10, Nutrition Score:27.615217457647%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg,
Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 384.64kcal (19.23%), Fat: 16.72g (25.73%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 55.41g (18.47%),
Net Carbohydrates: 41.37g (15.04%), Sugar: 15.6g (17.33%), Cholesterol: 17.37mg (5.79%), Sodium: 7104.06mg
(308.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.85mg (3.95%), Protein: 8.96g (17.92%),
Manganese: 4.24mg (212.05%), Vitamin A: 7938.65IU (158.77%), Vitamin K: 66.51µg (63.34%), Fiber: 14.04g (56.17%),
Vitamin E: 6.43mg (42.88%), Iron: 6.55mg (36.36%), Vitamin B6: 0.73mg (36.32%), Copper: 0.58mg (29.15%),
Potassium: 973.57mg (27.82%), Magnesium: 92.79mg (23.2%), Calcium: 193.31mg (19.33%), Vitamin B2: 0.29mg
(17.04%), Phosphorus: 166.91mg (16.69%), Vitamin B3: 2.28mg (11.42%), Zinc: 1.61mg (10.74%), Vitamin B1: 0.16mg
(10.56%), Selenium: 7.38µg (10.54%), Vitamin B5: 0.87mg (8.66%), Vitamin C: 5.52mg (6.69%), Folate: 25.04µg
(6.26%), Vitamin B12: 0.08µg (1.25%)