



 **38%**
HEALTH SCORE

Kansas City Steaks with Lobster Béarnaise Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



1167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers chopped
- 6 servings kosher salt
- 2 large egg yolk
- 1 tablespoon tarragon fresh chopped
- 2 garlic clove chopped
- 1 tablespoon juice of lemon fresh
- 2.3 pound pd of lobster

- 0.5 teaspoon paprika
- 1 pepper dried red such as japones or de árbol
- 1 shallots sliced
- 2 tablespoons shallots chopped
- 0.3 cup sherry vinegar
- 84 ounce fat-trimmed beef flank steak boneless with bone, or 9-ounce new york strip steaks
- 1 cup butter unsalted divided (2 sticks)
- 1 tablespoon water

Equipment

- bowl
- baking sheet
- sauce pan
- whisk
- pot
- sieve
- broiler
- tongs

Directions

- Cook lobster in large pot of boiling salted water 13 minutes. Using tongs, transfer lobster to rimmed baking sheet. Cool slightly. Twist off claws; reserve for another use. Twist off tail. Scrape out any green tomalley. Using kitchen shears, cut body and legs into 2-inch pieces and place in medium bowl.
- Cut tail meat from shell; add shell to bowl with body and legs.
- Cut meat lengthwise into 4 strips, then crosswise into 1/4-inch pieces.
- Place meat in small bowl, cover, and chill.
- Melt 1/2 cup butter in heavy large pot over medium-low heat.
- Add sliced shallot, garlic, and chile; cook until fragrant, about 5 minutes.

- Add lobster shell pieces and stir 5 minutes. Increase heat to medium.
- Add remaining 1/2 cup butter, 1 tablespoon at a time, stirring until melted between additions.
- Add paprika; stir to blend. Strain butter into medium bowl, pressing on solids in strainer to release all butter. Discard solids in strainer.
- Let lobster butter cool to room temperature. (Lobster meat and butter can be prepared 1 day ahead. Cover butter and chill. Return lobster butter to room temperature before continuing.)
- Combine vinegar, chopped shallot, and capers in medium saucepan. Boil over high heat until almost all liquid evaporates, about 1 minute.
- Remove from heat.
- Whisk yolks, lemon juice, and 1 tablespoon water in medium bowl.
- Place bowl over saucepan of barely simmering water.
- Whisk constantly until mixture is thick, about 3 minutes. Turn off heat.
- Whisk in lobster butter in 6 additions.
- Whisk in shallot mixture and tarragon. Season to taste with salt and pepper. Stir in reserved lobster meat. Season with salt and pepper. Keep lobster b arnaise sauce over warm water.
- Preheat broiler. Rub steaks with coarse kosher salt and pepper. Broil until cooked to desired doneness, about 6 minutes per side for medium-rare (5 minutes per side if boneless).
- Serve with lobster b arnaise sauce.

Nutrition Facts

PROTEIN 30.72%

FAT 68.34%

CARBS 0.94%

Properties

Glycemic Index:29.17, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:38.785217311071%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 1166.68kcal (58.33%), Fat: 88.82g (136.64%), Saturated Fat: 45.06g (281.63%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.74g (0.82%), Cholesterol: 447.37mg (149.12%), Sodium: 656.03mg (28.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.82g (179.65%), Selenium: 132.12µg (188.75%), Zinc: 22.37mg (149.15%), Vitamin B12: 7.38µg (123.01%), Vitamin B3: 20.39mg (101.96%), Vitamin B6: 1.73mg (86.39%), Phosphorus: 693.61mg (69.36%), Vitamin B2: 1.02mg (60.05%), Copper: 1.01mg (50.6%), Iron: 7.71mg (42.83%), Potassium: 1253.16mg (35.8%), Magnesium: 110.37mg (27.59%), Vitamin B1: 0.38mg (25.46%), Vitamin A: 1227.09IU (24.54%), Calcium: 105.45mg (10.54%), Vitamin E: 1.53mg (10.19%), Vitamin B5: 0.96mg (9.62%), Vitamin K: 9.2µg (8.76%), Manganese: 0.17mg (8.66%), Vitamin D: 1.27µg (8.47%), Folate: 32.92µg (8.23%), Vitamin C: 2.57mg (3.12%), Fiber: 0.46g (1.85%)