



Latin Grilled Rib Eye Steak with Green Chile Aioli



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



40

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons allspice
- ☐ 1 tablespoon ancho chile powder
- ☐ 2 tablespoons peppercorns black
- ☐ 1 tablespoon chipotle powder
- ☐ 1 cup cilantro leaves
- ☐ 1.5 inch cinnamon sticks
- ☐ 0.5 teaspoon cumin seeds

- ☐ 1 tablespoon cumin seeds
- ☐ 1 large egg yolk (large)
- ☐ 4 cloves garlic unpeeled (large)
- ☐ 0.3 cup kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 large poblano (large)
- ☐ 1 rib eye steak bone-in thick
- ☐ 40 servings salt
- ☐ 1 serrano chopped
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons paprika sweet
- ☐ 0.5 cup vegetable oil plus more for grilling
- ☐ 7 cloves cloves whole ()

Equipment

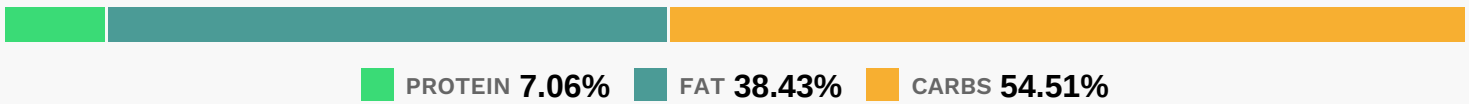
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ In a small skillet, toast the allspice, peppercorns, cumin seeds, cinnamon and cloves over moderately high heat until fragrant.
- ☐ Transfer to a spice grinder and let cool completely. Grind to a powder and transfer to a small bowl. Stir in the paprika, chipotle and ancho powders, salt and sugar.

- ☐ Sprinkle 2 tablespoons of the adobo rub all over the rib eye and let stand at room temperature for 30 minutes.
- ☐ Preheat the oven to 35
- ☐ Wrap the garlic in foil and bake for about 30 minutes, until soft.
- ☐ Over an open flame or under a preheated broiler, roast the poblano until charred all over; let cool. Peel, seed and stem the poblano and coarsely chop it.
- ☐ Transfer to a blender. Squeeze the soft garlic cloves from their skins into the blender.
- ☐ Add the lime juice, egg yolk, serrano, cumin and cilantro and puree. With the machine on, slowly pour in the 1/2 cup of oil until emulsified. Season with salt.
- ☐ Light a grill. Oil the grate. Grill the steak over moderately high heat for 6 minutes per side, until charred outside and medium-rare within.
- ☐ Let the steak rest for 5 minutes. Slice and serve with the aioli.

Nutrition Facts



Properties

Glycemic Index:5.48, Glycemic Load:1.02, Inflammation Score:-3, Nutrition Score:2.0000000259151%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 18.26kcal (0.91%), Fat: 0.89g (1.37%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.45g (1.61%), Cholesterol: 4.62mg (1.54%), Sodium: 910.17mg (39.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Manganese: 0.22mg (10.93%), Vitamin A: 347.11IU (6.94%), Vitamin C: 3.99mg (4.84%), Vitamin K: 4.35µg (4.15%), Fiber: 0.65g (2.61%), Vitamin E: 0.37mg (2.43%), Iron: 0.4mg (2.25%), Vitamin B6: 0.04mg (1.75%), Potassium: 43.67mg (1.25%), Calcium: 12.26mg (1.23%), Copper: 0.02mg (1.17%), Magnesium: 4.39mg (1.1%)