

DINNER

Mini Challenge: Grilled New York Strip Steak with Tennessee Drunken Braised Brussels Sprouts and Bacon Hash and a Spicy Caribbean Citrus Cinnamon Chutney

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
85 min	40 min	45 min	2	\$16.22	2,000 kcal



Mini Challenge: Grilled New York Strip Steak with Tennessee Drunken Braised Brussels Sprouts and Bacon Hash and a Spicy Caribbean Citrus Cinnamon Chutney might be just the Central American recipe you are searching for. One serving contains 2000 calories, 122g of protein, and 136g of fat.

Ingredients

☐ 8 strips bacon, diced

☐ 6 tablespoons butter

☐ ½ teaspoon minced ginger

☐ 1 pinch Pinch ground cinnamon

☐ 2 bottles Jamaican lager, plus more for serving

☐ ½ mango, peeled and diced

☐ 2 servings Salt and freshly ground black pepper

☐ 3 medium shallots, chopped

☐ 1 tablespoon whole-grain mustard

☐ 2 pounds Brussels sprouts, outer peels removed, chopped

☐ 1 teaspoon Dijon mustard

☐ 1 small green apple, peeled, cored and small diced

☐ 2 servings Asian hot sauce (recommended: Sriracha)

☐ 2 leeks, white and light green part only, finely chopped

☐ 1 medium orange, peeled and roughly chopped

☐ 4 tablespoons thinly sliced scallions

☐ 32 ounces New York strip steaks (about each)

EQUIPMENT Frying pan, Baking sheet, Oven, Grill, Grill pan

Method

- 1 Heat a grill or grill pan to medium. Preheat oven to 350 degrees F.
- 2 In a skillet over medium-high heat, cook bacon until the edges start to crisp up but not fully cooked.
- 3 Remove to a paper-towel lined plate and drain. Reserve the bacon fat in the skillet.
- 4 Meanwhile, in another skillet over medium-high heat, melt 1 tablespoon butter.
- 5 Add half the shallots and cook until translucent.
- 6 Add the leeks, scallions, and Brussels sprouts. Cook until the vegetables begin to wilt and soften. Season, to taste, with salt and pepper.
- 7 Add about 6 ounces lager, so that half of this hash mixture is covered by liquid. Bring the hash to a simmer and reduce until almost all the liquid is gone.
- 8 Add the bacon, 1 more tablespoon of butter and reduce the heat to low, cooking the bacon further, and stirring the hash occasionally.
- 9 Smear about 1 tablespoon of butter on each steak, then season steaks with salt and pepper. Grill the steaks just to sear the outside, then place on a baking sheet or in a pan and cook in the oven until desired doneness.

- 10 Remove from oven and let rest about 10 minutes before serving.
- 11 Meanwhile, in a skillet over medium heat, cook the orange, apple, mango, ginger and remaining shallot until they start to soften.
- 12 Add the cinnamon, a few drops of the hot sauce, a splash of the lager and 1/2 teaspoon of the reserved bacon fat to the chutney. Reduce the heat and simmer until the chutney is all broken down.
- 13 To the vegetable hash, add 1 or 2 more tablespoons butter, about 2 tablespoons of the reserved bacon fat, and both the whole-grain and Dijon mustard and saute a few minutes more. Adjust seasoning, to taste.
- 14 Remove hash from heat and divide it onto 2 plates.
- 15 Cut each steak in half, widthwise, and place both halves, criss-crossed, on top of the hash. Spoon some of the chutney on the side of the plate and serve with chilled glasses of lager.

Nutrition per serving

	2,000 KCAL	122 g PROTEIN	136 g FAT	88 g CARBS
Saturated Fat				62.3 g · 389% of daily needs
Fibre				25.1 g · 100% of daily needs
Sugar				37.8 g · 42% of daily needs
Sodium				1,340 mg · 58% of daily needs
Cholesterol				425 mg · 142% of daily needs
Vitamin C				459 mg · 556% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/mini-challenge-grilled-new-york-strip-steak-with-tennessee-drunken-braised-brussels-sprouts-and-bacon-hash-and-a-spicy-caribbean-citrus-cinnamon-chutney-148616](https://www.whatsheate.com/mini-challenge-grilled-new-york-strip-steak-with-tennessee-drunken-braised-brussels-sprouts-and-bacon-hash-and-a-spicy-caribbean-citrus-cinnamon-chutney-148616)