



Much Ado about Mushroom Beef Steaks Poached in Ale

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 48 ounce ale
- 1 tablespoon butter
- 4 tablespoons butter cut into chunks ()
- 6 ounces button mushrooms cleaned trimmed sliced
- 2 tablespoons olive oil
- 2 large onions diced red
- 6 servings salt and pepper black freshly ground

- 3 pounds top round steak with salt and pepper and tenderized with a meat mallet cut into 6 servings, seasoned

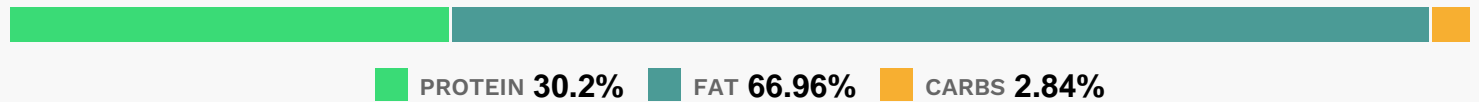
Equipment

- bowl
- frying pan
- whisk

Directions

- To make the mushroom confit, melt butter in 1 tablespoon of the oil over medium-high heat in a large saute pan.
- Add onion and saute until they begin to turn translucent.
- Add mushrooms and cook until they give up their juices. Lower heat and cook until the mixture caramelizes, then season with salt and pepper to taste and remove to a bowl. Cover and set aside.
- In the same pan, heat the other tablespoon of oil over medium-high heat and sear the steaks about 2 minutes each side. Reduce the heat to low and add the ale. Maintain the ale at a simmer, just below boiling and cook uncovered until fork tender, about 45 minutes to 1 hour.
- Remove the steak to a carving board to rest. Increase the heat under the skillet to allow the ale to reduce by two-thirds. Season with salt and pepper, remove from heat and whisk in butter just before service.
- Slice steak into thin slices and arrange on a platter. Spoon mushroom onion confit over and spoon sauce around.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:24.89347862679%

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: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin:

1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 617.79kcal (30.89%), Fat: 46.33g (71.28%), Saturated Fat: 20.94g (130.86%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 3.49g (1.27%), Sugar: 2.12g (2.36%), Cholesterol: 163.43mg (54.48%), Sodium: 88097.62mg (3830.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.02g (94.04%), Selenium: 58.51µg (83.58%), Zinc: 12.08mg (80.55%), Vitamin B12: 3.8µg (63.27%), Vitamin B3: 12.18mg (60.88%), Vitamin B6: 0.98mg (48.95%), Vitamin B2: 0.67mg (39.41%), Phosphorus: 364.56mg (36.46%), Iron: 4.91mg (27.26%), Potassium: 773.82mg (22.11%), Copper: 0.35mg (17.54%), Vitamin B1: 0.24mg (16.01%), Manganese: 0.3mg (15.01%), Magnesium: 56.52mg (14.13%), Calcium: 82.88mg (8.29%), Vitamin K: 7.34µg (6.99%), Vitamin A: 326.85IU (6.54%), Vitamin E: 0.95mg (6.36%), Vitamin B5: 0.48mg (4.84%), Folate: 18.96µg (4.74%), Vitamin C: 3.31mg (4.01%), Fiber: 0.93g (3.73%), Vitamin D: 0.28µg (1.89%)