



WHATSheATE



New York Strip and Fall Vegetable Roast with Mustard Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound beef loin new york strip roast boneless
- ☐ 12 ounces carrots peeled quartered (4 medium)
- ☐ 12 ounce celery root peeled cut into 2 x 1/2 x 1/2-inch strips (1 medium)
- ☐ 8 servings coarse kosher salt
- ☐ 0.5 cup crème fraîche sour
- ☐ 2 tablespoons dijon mustard
- ☐ 1.5 tablespoons rosemary fresh chopped

- ☐ 2 garlic cloves pressed
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 pound mushrooms assorted halved (such as button, crimini, and oyster)
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon freshly cracked pepper black
- ☐ 5 large shallots peeled (12 ounces total)
- ☐ 1 pound turnips peeled cut into 2x1/2x1/2-inch strips (2 medium)
- ☐ 1 tablespoon butter unsalted room temperature

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan

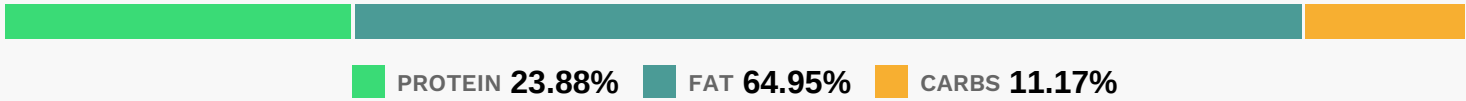
Directions

- ☐ Whisk crème fraîche, mustard, and lemon juice in small bowl. Season with coarse salt. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Mix first 5 ingredients in small bowl.
- ☐ Place beef, fat side up, in 13x9x2-inch roasting pan.
- ☐ Spread butter mixture over top of roast. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Let beef stand at room temperature 1 hour before roasting.
- ☐ Position 1 rack in bottom third and 1 rack in top third of oven; preheat to 450°F.
- ☐ Combine mushrooms, turnips, carrots, celery root, shallots, oil, and rosemary in large bowl.
- ☐ Sprinkle with coarse salt and pepper; toss to coat.
- ☐ Transfer vegetables to large rimmed baking sheet, spreading out in even layer.
- ☐ Place vegetables on lower rack in oven and beef on upper rack in oven. Roast 20 minutes. Toss vegetable mixture. Reduce oven temperature to 350° F. Continue roasting until vegetables are

tender and beginning to brown and instant-read thermometer inserted into thickest part of meat registers 130°F for medium-rare, 30 to 35 minutes longer.

- ☐ Transfer roast to platter and let rest 10 minutes. Spoon fat from top of drippings in roasting pan.
- ☐ Drizzle drippings over vegetable mixture; toss to coat. Season to taste with salt and pepper.
- ☐ Spoon vegetable mixture around roast.
- ☐ Serve mustard cream sauce alongside.
- ☐ Full-bodied and spicy Brander 2007 Colson Canyon Vineyard Syrah, Santa Barbara (\$35)

Nutrition Facts



Properties

Glycemic Index:38.85, Glycemic Load:5.51, Inflammation Score:-10, Nutrition Score:30.286521732807%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg, Apigenin: 1.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 621.14kcal (31.06%), Fat: 45.01g (69.25%), Saturated Fat: 16.34g (102.12%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 13.11g (4.77%), Sugar: 7.77g (8.63%), Cholesterol: 158.53mg (52.84%), Sodium: 439.73mg (19.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.23g (74.47%), Vitamin A: 7252.44IU (145.05%), Selenium: 46.58µg (66.54%), Vitamin B6: 1.22mg (61.13%), Vitamin B3: 11.87mg (59.35%), Phosphorus: 463.85mg (46.38%), Zinc: 6.49mg (43.25%), Potassium: 1146.69mg (32.76%), Vitamin K: 31.83µg (30.31%), Vitamin B2: 0.51mg (29.75%), Vitamin B12: 1.62µg (27.01%), Vitamin C: 20.96mg (25.41%), Vitamin B5: 2.28mg (22.79%), Copper: 0.42mg (20.89%), Iron: 3.65mg (20.29%), Fiber: 4.31g (17.23%), Vitamin B1: 0.26mg (17.11%), Manganese: 0.34mg (17.08%), Vitamin E: 2.53mg (16.88%), Magnesium: 66.31mg (16.58%), Folate: 53.7µg (13.43%), Calcium: 114.88mg (11.49%)