



## New York Strip Roast with Madeira Pan Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter unsalted frozen cut into 1/2-inch cubes and ()
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon kosher salt
- ☐ 3 pound roast chickens fat trimmed
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 cups chicken broth
- ☐ 0.7 cup madeira wine

☐ 2 medium shallots minced

## Equipment

☐ frying pan

☐ oven

## Directions

☐ Mix coarse salt, pepper, and allspice in bowl.

☐ Sprinkle spice mixture over roast.

☐ Let stand at room temperature 1 hour.

☐ Preheat oven to 375°F.

☐ Heat oil in large wide ovenproof skillet over medium-high heat until nearly smoking.

☐ Add roast, fat side down, to skillet; cook until well browned on bottom, 3 to 4 minutes. Turn roast, fat side up, and transfer skillet to oven. Roast until instant-read thermometer inserted into center of meat registers 130°F for medium-rare, about 50 minutes.

☐ Transfer to platter; let rest while preparing sauce.

☐ Pour off all but 2 tablespoons drippings from skillet and heat over medium-high heat.

☐ Add shallots to skillet and sauté until soft, about 3 minutes.

☐ Add Madeira; boil 1 minute.

☐ Add broth and boil until liquid is reduced by about 1/3, stirring occasionally, about 8 minutes.

☐ Add any accumulated juices from meat to skillet; boil 1 minute longer. Turn off heat; add frozen butter and swirl skillet until butter is blended into sauce. Season sauce with salt and pepper.

☐ Transfer sauce to small pitcher.

☐ Cut meat against grain into 1/3- to 1/2-inch slices and arrange on platter.

☐ Serve sauce alongside.

☐ A Napa Valley Cabernet

☐ Sauvignon. We like the blackberry and blueberry flavors and the subtle cocoa and spice of the 2005 Ladera (\$39).

☐ Bon Appétit

## Nutrition Facts

PROTEIN 55.3% FAT 40.7% CARBS 4%

## Properties

Glycemic Index:11.5, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:20.074782596982%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 264.32kcal (13.22%), Fat: 11.45g (17.62%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.24g (0.82%), Sugar: 0.77g (0.85%), Cholesterol: 15.25mg (5.08%), Sodium: 384.2mg (16.7%), Alcohol: 2.06g (100%), Alcohol %: 0.98% (100%), Protein: 35.02g (70.04%), Vitamin B6: 1.56mg (77.88%), Vitamin B3: 12.13mg (60.65%), Vitamin B12: 3.08µg (51.36%), Zinc: 7.2mg (47.97%), Phosphorus: 393mg (39.3%), Selenium: 27.06µg (38.65%), Vitamin B2: 0.48mg (28.48%), Iron: 4.15mg (23.06%), Potassium: 716.46mg (20.47%), Vitamin B1: 0.28mg (18.4%), Copper: 0.29mg (14.34%), Magnesium: 45.47mg (11.37%), Vitamin B5: 1.11mg (11.1%), Manganese: 0.1mg (4.85%), Vitamin A: 179.57IU (3.59%), Vitamin E: 0.48mg (3.17%), Vitamin K: 2.28µg (2.17%), Calcium: 17.09mg (1.71%), Fiber: 0.29g (1.16%)