

 68%
HEALTH SCORE

New York Strip with Blue Cheese, Vidalia Onion Jam and Warm Potato Salad with Mustard Vinaigrette



Gluten Free



Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



2006 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 2 tablespoons basil leaves roughly chopped
- ☐ 4 servings canola oil
- ☐ 0.8 pound wedge cheese blue room temperature (recommended: Cabrales)
- ☐ 0.5 pound bacon crisp cooked cut into lardons and until golden brown and , 2 tablespoons drippings reserved
- ☐ 2 tablespoons crème de cassis

- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons flat-leaf parsley roughly chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 2 cloves garlic chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons grenadine syrup
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 2 tablespoons heavy cream
- ☐ 1 teaspoon honey
- ☐ 4 servings honey to taste
- ☐ 1 jalapeño chile diced finely
- ☐ 2 tablespoons kosher salt
- ☐ 2.5 pounds new potatoes red
- ☐ 0.3 cup olive oil
- ☐ 1 Handful parsley sprigs
- ☐ 0.5 cup red wine
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 48 ounces ny strip steaks removed from the refrigerator 20 minutes before grilling
- ☐ 3 vidalia onions peeled halved sliced

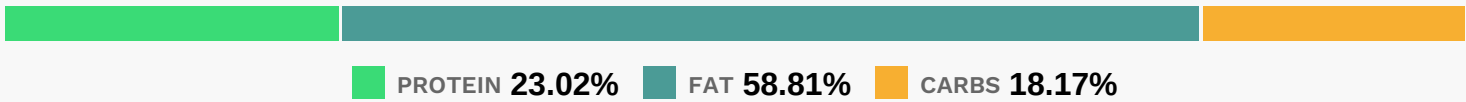
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat grill to high.
- ☐ Heat a cast iron skillet until hot, but not smoking.
- ☐ Add the drippings, heat, and then the onions, garlic, jalapeno, wine, vinegar, cassis, grenadine and salt and pepper and cook, stirring occasionally, until the liquid mixture is thickened and jam-like, about 20 minutes. Taste and season with honey, salt and pepper. Stir in the parsley, transfer to a bowl and let cool to room temperature.
- ☐ Put the potatoes in a large saucepan, cover with cold water and season with 1 tablespoon kosher salt. Bring to a boil and cook until tender when pierced with a knife.
- ☐ Drain, let cool for a few minutes and quarter
- ☐ While the potatoes are cooking, whisk together the drippings, vinegar, mustard, honey, garlic, salt and pepper. Slowly whisk in the olive oil, and then stir in the chopped basil and parsley.
- ☐ Add the warm potatoes and the bacon to the vinaigrette and gently fold to combine.
- ☐ Serve with the steak.
- ☐ Heat the grill to high.
- ☐ Mix together the salt, pepper and thyme in a small bowl.
- ☐ Brush the steaks with oil on both sides and season with the salt mixture. Grill steaks until golden brown and slightly charred on both sides and cooked to medium-rare doneness.
- ☐ Just before the steaks are done, use a fork to mash the cheese with some of the cream, so that it is chunky but a bit creamy. Mound some on each steak, and let melt very briefly, so the steaks don't overcook.
- ☐ Remove to a platter and let rest 5 minutes before serving. Top with parsley sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:182.32, Glycemic Load:48.06, Inflammation Score:-10, Nutrition Score:65.2521739628%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 14.64mg, Apigenin: 14.64mg, Apigenin: 14.64mg, Apigenin: 14.64mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Myricetin: 4.01mg, Myricetin: 4.01mg, Myricetin: 4.01mg, Myricetin: 4.01mg Quercetin: 38.59mg, Quercetin: 38.59mg, Quercetin: 38.59mg, Quercetin: 38.59mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 2006.31kcal (100.32%), Fat: 130.46g (200.71%), Saturated Fat: 51.59g (322.46%), Carbohydrates: 90.67g (30.22%), Net Carbohydrates: 80.81g (29.38%), Sugar: 28.68g (31.86%), Cholesterol: 342.56mg (114.19%), Sodium: 5739.13mg (249.53%), Alcohol: 3.18g (100%), Alcohol %: 0.35% (100%), Protein: 114.88g (229.77%), Selenium: 129.68µg (185.26%), Vitamin B6: 3.06mg (152.91%), Zinc: 22.93mg (152.88%), Vitamin K: 150.02µg (142.88%), Vitamin B3: 27.13mg (135.67%), Phosphorus: 1303.28mg (130.33%), Vitamin B12: 7.31µg (121.91%), Vitamin C: 85mg (103.04%), Potassium: 3064.86mg (87.57%), Vitamin B2: 1.47mg (86.28%), Vitamin B1: 1mg (66.89%), Calcium: 610.65mg (61.06%), Iron: 10.96mg (60.91%), Magnesium: 216.01mg (54%), Manganese: 1.05mg (52.36%), Copper: 0.88mg (43.99%), Fiber: 9.86g (39.44%), Folate: 157.61µg (39.4%), Vitamin E: 5.26mg (35.09%), Vitamin B5: 3.33mg (33.3%), Vitamin A: 1596.52IU (31.93%), Vitamin D: 1.29µg (8.58%)