



Pan Seared Rib-Eye with Glazed Shallots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 canola oil separated
- ☐ 0.5 cup cooking wine dry red divided
- ☐ 2 servings salt and pepper
- ☐ 4 cup shallots thinly sliced
- ☐ 0.3 cup sherry vinegar
- ☐ 1 cup flavorful stock (veal, beef, chicken, vegetable)
- ☐ 2 tablespoon butter unsalted as needed plus more

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Heat a 10-12 inch cast iron skillet over medium high heat.
- ☐ Add the butter and oil. Once the butter melts add all the shallots and stir to coat well. Turn the heat to medium. Season with salt and pepper. Continue stirring often so that the shallots cook evenly. After 5 or 6 minutes the shallots should be quite soft and beginning to caramelize. Taste for seasoning and adjust if necessary. Turn the heat down to medium-low and add the sherry vinegar. Continue to cook and stir until the vinegar is nearly reduced to nothing and absorbed into the shallots.
- ☐ Add ¼ cup red wine and repeat the process. When the shallots have become somewhat “jammy” in consistency remove them from the pan and transfer to a plate.
- ☐ Add the remaining ¼ cup wine to the pan to de-glaze. Once all the bits of onion have loosened from the bottom of the pan and the wine has reduced down to about 1 tablespoon add the stock. Continue reducing until about ½ cup of red wine “jus” remains.
- ☐ Pour this through a strainer and set aside in a warm place. STEAK: Pre-heat the oven to 450 degrees F. Wipe the skillet you used for the shallots dry with a paper towel.
- ☐ Put the skillet in the oven.
- ☐ Let it get good and hot, about 15 minutes. Then carefully remove it from the oven and place on a burner set to high heat. Coat steak lightly with the remaining oil and season both sides with a generous pinch of salt and black pepper to taste. Immediately place steak in the middle of hot, dry pan. Cook 1 minute without moving. Turn with tongs and cook another 30 seconds, then put the pan straight into the oven for 3 minutes. Flip steak and cook for another 3 minutes. (This time is for medium rare steaks. If you prefer medium, add a minute to both of the oven turns.)
- ☐ Remove steak from pan, cover loosely with foil, and rest for 4 minutes.
- ☐ Serve whole or slice thin and fan onto plate. Heap a generous helping of the glazed shallots onto the plate and some of the reserved “jus” on top.

Nutrition Facts



■ PROTEIN 9.72% ■ FAT 23.37% ■ CARBS 66.91%

Properties

Glycemic Index:37.5, Glycemic Load:19.98, Inflammation Score:-9, Nutrition Score:24.26695656906%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 511.26kcal (25.56%), Fat: 12.83g (19.74%), Saturated Fat: 7.35g (45.91%), Carbohydrates: 82.65g (27.55%), Net Carbohydrates: 67.5g (24.55%), Sugar: 38.25g (42.5%), Cholesterol: 30.1mg (10.03%), Sodium: 724.5mg (31.5%), Alcohol: 6.3g (100%), Alcohol %: 1.15% (100%), Protein: 12g (24%), Vitamin B6: 1.63mg (81.64%), Manganese: 1.4mg (69.82%), Fiber: 15.14g (60.57%), Vitamin C: 38mg (46.06%), Potassium: 1595.46mg (45.58%), Folate: 161.3µg (40.32%), Iron: 5.82mg (32.32%), Phosphorus: 289.66mg (28.97%), Magnesium: 100.85mg (25.21%), Copper: 0.42mg (21.09%), Vitamin B1: 0.28mg (18.97%), Calcium: 180.35mg (18.03%), Vitamin B5: 1.39mg (13.88%), Zinc: 1.91mg (12.77%), Vitamin A: 619.06IU (12.38%), Selenium: 5.82µg (8.31%), Vitamin B2: 0.1mg (5.85%), Vitamin K: 5.48µg (5.22%), Vitamin B3: 0.95mg (4.76%), Vitamin E: 0.69mg (4.59%), Vitamin D: 0.21µg (1.4%)