



Pan Seared Veal Rib Eyes with Prosciutto and Fontina

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



1317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bacon fat
- ☐ 1 cup beef stock
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flat-leaf parsley italian chopped for garnish
- ☐ 0.5 pound fontina thinly sliced
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 teaspoons kosher salt

- ☐ 4 tablespoons olive oil divided
- ☐ 2 teaspoons cracked pepper fresh black
- ☐ 0.3 pound pancetta thinly sliced (3 to 4 slices)
- ☐ 3 pound veal rib eye steaks bone in ()
- ☐ 0.5 cup shallots diced finely

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil

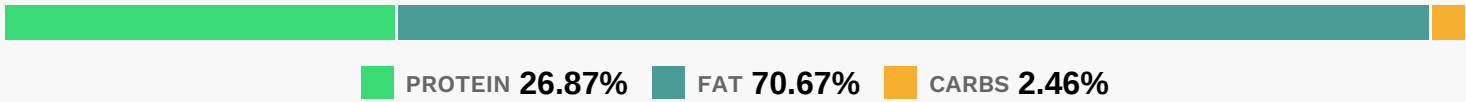
Directions

- ☐ Preheat the oven to 170 degrees F. Grease a baking sheet with 2 tablespoons olive oil.
- ☐ Pound the steaks to 1/2-inch thickness over plastic wrap.
- ☐ Sprinkle each with salt and pepper and place on the prepared baking sheet.
- ☐ Bake until it reaches an internal temperature of 80 degrees F, about 10 minutes.
- ☐ In 2 large saute pans over medium-high heat, divide the remaining 2 tablespoons olive oil and the bacon fat between the pans and heat until shimmering.
- ☐ Add 2 steaks to each pan and cook for 3 to 4 minutes per side.
- ☐ Place the steaks onto a wire rack over a baking sheet. Top with fontina and then the prosciutto slices, evenly covering the cheese.
- ☐ Adjust the oven to low broil and place the pan in the oven. Broil until the prosciutto is crisp, about 5 minutes.
- ☐ Remove and allow to rest 5 minutes, lightly covered with foil.
- ☐ In each saute pan, evenly divide the shallots and cook for 2 to 3 minutes. Deglaze each with half the beef stock. Evenly divide the thyme and allow to reduce, 3 to 4 minutes.
- ☐ Combine the liquid into 1 pan, add the butter and adjust the seasoning, if desired.

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Serve the steaks drizzled with the pan sauce and garnish with the parsley.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:1.67, Inflammation Score:-9, Nutrition Score:40.387825882953%

Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1317.21kcal (65.86%), Fat: 103.79g (159.68%), Saturated Fat: 44.36g (277.28%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 6.62g (2.41%), Sugar: 3.56g (3.95%), Cholesterol: 313.7mg (104.57%), Sodium: 2160.52mg (93.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 88.78g (177.56%), Selenium: 98.13µg (140.18%), Zinc: 20.07mg (133.82%), Vitamin B12: 6.75µg (112.56%), Vitamin B3: 18.54mg (92.68%), Vitamin B6: 1.63mg (81.29%), Phosphorus: 769.5mg (76.95%), Vitamin B2: 1.03mg (60.39%), Vitamin K: 50.23µg (47.84%), Iron: 7.23mg (40.17%), Calcium: 369.64mg (36.96%), Potassium: 1251mg (35.74%), Vitamin B1: 0.43mg (28.74%), Magnesium: 98.87mg (24.72%), Vitamin A: 1012.39IU (20.25%), Copper: 0.37mg (18.72%), Vitamin E: 2.54mg (16.92%), Manganese: 0.26mg (13.06%), Vitamin C: 7.83mg (9.49%), Folate: 29.07µg (7.27%), Vitamin D: 0.97µg (6.46%), Fiber: 1.51g (6.04%), Vitamin B5: 0.52mg (5.23%)