



WHATSheATE

Pepper-Crusted Steak with Horseradish Cream on Grilled Garlic Crostini



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon peppercorns whole black with a hammer)
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 3 cloves garlic crushed
- ☐ 20 servings garlic
- ☐ 20 servings horseradish
- ☐ 2 teaspoons kosher salt
- ☐ 2 pounds top round thick (top sirloin)

- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper red hot

Equipment

- ☐ knife
- ☐ grill
- ☐ broiler
- ☐ bread knife

Directions

- ☐ Combine the garlic, hot red pepper flakes, peppercorns, rosemary, and olive oil in a Zip-loc bag.
- ☐ Add the beef, coating it with the marinade. Squeeze all the air out of the bag so the beef is enveloped by the marinade, and refrigerate for at least 6 hours, or overnight.
- ☐ Preheat the grill or broiler for 15 to 20 minutes.
- ☐ Sprinkle the steak with the salt and grill or broil to rare or medium rare, depending on your preference.
- ☐ The cooking time will depend on the thickness and temperature of the beef, so push at the steak with your finger, and if it still feels totally raw in the middle, give it a little longer.
- ☐ This is one of the things that cooks just need to intuit and learn to read the silent signs. Better under than overcooked, so check often, and if your finger defeats you, cut the steak with a knife and have a look.
- ☐ Let the steak rest for at least an hour, to get the juices back into the meat, then cut into short, very thin slices. (The best knife for slicing is a bread knife with wavy rather than pointed teeth, which cuts through beef amazingly well.)
- ☐ Serve on Grilled Garlic Crostini.
- ☐ Arrange a few shaved slices of beef on each piece of bread, top with a pungent dot of Horseradish Cream, scatter with minced Italian parsley, and dust on a little kosher salt.
- ☐ Serena, Food & Stories
- ☐ Stewart, Tabori & Chang

Nutrition Facts

 **PROTEIN 43.99%**  **FAT 47.6%**  **CARBS 8.41%**

Properties

Glycemic Index:6.35, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:6.3117392179759%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 99.4kcal (4.97%), Fat: 5.21g (8.01%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.44g (0.49%), Cholesterol: 27.67mg (9.22%), Sodium: 284.18mg (12.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.66%), Selenium: 15.13µg (21.62%), Vitamin B6: 0.36mg (17.86%), Vitamin B3: 3.18mg (15.88%), Zinc: 2.16mg (14.43%), Phosphorus: 109.44mg (10.94%), Vitamin B12: 0.61µg (10.21%), Manganese: 0.14mg (6.83%), Iron: 1.06mg (5.88%), Potassium: 203.7mg (5.82%), Vitamin E: 0.68mg (4.52%), Vitamin B2: 0.07mg (4.31%), Magnesium: 14.58mg (3.64%), Vitamin K: 3.71µg (3.53%), Copper: 0.07mg (3.47%), Vitamin B1: 0.05mg (3.41%), Vitamin B5: 0.34mg (3.41%), Vitamin C: 2.34mg (2.84%), Folate: 9.51µg (2.38%), Calcium: 21.9mg (2.19%), Fiber: 0.4g (1.58%)