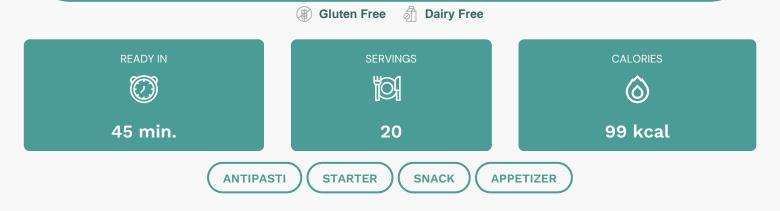


# Pepper-Crusted Steak with Horseradish Cream on Grilled Garlic Crostini



## **Ingredients**

1 tablespoon peppercorns whole black with a hammer)
1 tablespoon rosemary leaves fresh minced
3 cloves garlic crushed
20 servings grilled garlic crostini
20 servings horseradish cream
2 teaspoons kosher salt
2 pounds london broil thick (top sirloin)

	0.3 cup olive oil	
	0.5 teaspoon pepper flakes 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**

### **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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 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 B5: 0.34mg (3.41%), Vitamin B1: 0.05mg (3.41%), Vitamin C: 2.34mg (2.84%), Folate: 9.51µg (2.38%), Calcium: 21.9mg (2.19%), Fiber: 0.4g (1.58%)