



Peppercorn Demi NY Strip Steak with Olive Oil Poached Mushrooms

 **Gluten Free** Image not found or type unknown

READY IN

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ready

40 min.

SERVINGS

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servings

4

CALORIES

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calories

1094 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 stalks poached in water and wine dry white
- ☐ 1.5 cups button mushrooms
- ☐ 1 cup demi-glance prepared
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup peppercorns green
- ☐ 4 servings salt and ground pepper
- ☐ 2 cups olive oil

- ☐ 2 cups potatoes mashed
- ☐ 40 ounce ny strip steaks
- ☐ 2 tablespoons butter unsalted at room temperature

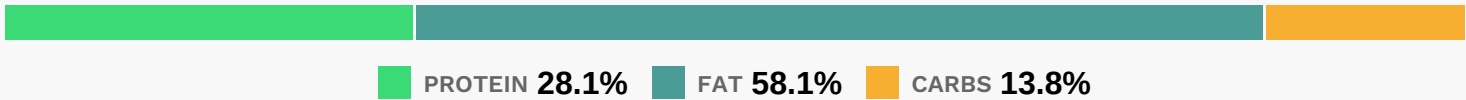
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ For the mushrooms: In a saucepan over medium-high heat, bring the oil to a light simmer and reduce to medium heat. Then add the mushrooms and cook until the exterior of the mushrooms softens, about 4 minutes.
- ☐ Remove and hold on a plate until serving.
- ☐ For the steak: Preheat the oven to 400 degrees F. Warm the prepared potatoes and hold warm.
- ☐ Heat a thick-bottomed pan until the verge of smoking over medium-high heat. Then sprinkle the steaks with salt and pepper on both sides. Apply the steak to the heated pan. Sear on the first side for 4 minutes. Reduce the heat to medium, and then flip and repeat the process on the second side. This will result in a medium-rare steak. Finish the oven for higher temperatures.
- ☐ Once the steak is cooked, remove from the pan to rest, and then add the peppercorns to the pan and warm for 20 seconds. Then add the demi-glace and garlic, warming for 3 minutes. Once warmed, remove from the heat and stir in the butter until smooth.
- ☐ To serve, place a quarter of the mashed potatoes in the center of a plate, then place the cooked steak and drizzle with 1/4 cup sauce. Finish with a quarter of the mushrooms and 5 pieces of poached asparagus and serve.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:13.91, Inflammation Score:-6, Nutrition Score:35.082608637602%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 1093.75kcal (54.69%), Fat: 70.26g (108.09%), Saturated Fat: 24.46g (152.86%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 34.8g (12.65%), Sugar: 6.92g (7.69%), Cholesterol: 187.98mg (62.66%), Sodium: 1715.85mg (74.6%), Alcohol: 0.52g (100%), Alcohol %: 0.11% (100%), Protein: 76.44g (152.89%), Selenium: 73.2µg (104.58%), Zinc: 15.07mg (100.48%), Vitamin B3: 16.31mg (81.56%), Vitamin B12: 4.73µg (78.87%), Vitamin B6: 1.51mg (75.32%), Vitamin B2: 0.86mg (50.69%), Phosphorus: 504.94mg (50.49%), Iron: 7.95mg (44.18%), Potassium: 1332.49mg (38.07%), Vitamin C: 22.07mg (26.75%), Vitamin B1: 0.37mg (24.49%), Copper: 0.46mg (22.89%), Magnesium: 88.29mg (22.07%), Vitamin E: 3.29mg (21.93%), Vitamin K: 19.94µg (18.99%), Manganese: 0.23mg (11.51%), Fiber: 2.74g (10.95%), Vitamin B5: 0.87mg (8.73%), Folate: 31.76µg (7.94%), Vitamin A: 220.28IU (4.41%), Calcium: 39.88mg (3.99%), Vitamin D: 0.46µg (3.07%)