



## Planked Beef Fillets with Porcini Slather

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**369 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 20 ounce beef tenderloin steaks
- 0.3 ounce the following: parmesan rind) dried
- 6 cloves garlic minced
- 1 tablespoon kosher salt
- 0.3 cup olive oil extra virgin extra-virgin
- 0.5 tablespoon pepper black
- 0.5 tablespoon pepper red
- 2 tablespoons sugar

## Equipment

- bowl
- frying pan
- oven
- grill
- kitchen thermometer
- aluminum foil

## Directions

- To make the slather, combine all the ingredients in a small bowl and stir to blend well.
- Prepare an indirect fire in your grill, with a hot fire on one side and no fire on the other. For a charcoal grill, soak 1 cup wood chips in water for at least 30 minutes and place directly on the hot coals when ready to plank. For a gas grill, place 1/2 cup dry wood chips in a smoker box (or wrap chips in aluminum foil and poke holes in the foil) and place over direct heat in the back of the grill.
- Sear the steaks over the hot fire for 3 or 4 minutes on one side, and then place the steaks on the plank, uncooked side down. Top each fillet with about 1 tablespoon of the slather.
- Place the plank on the indirect side of the grill. Close the lid and cook until a meat thermometer inserted into the thickest part of the steak registers 130°F for medium-rare, about 20 minutes.
- Oven-Smoke Planking: Preheat the oven to 400°F.
- Place 1/2 cup dry wood chips in a small metal pan on the bottom rack of the oven and let smolder for about 15 minutes before planking. Meanwhile, in a medium-hot skillet, sear the tenderloin on all sides. When the smoke begins to fill the oven, place the seared steaks on the plank in the middle of the oven. Oven-plank for 20 minutes, or until a meat thermometer inserted into the thickest part of the steak registers about 130°F for medium-rare.
- From 25 Essentials: Techniques for Planking by Karen Adler and Judith Fertig. Copyright © 2010 by Karen Adler and Judith Fertig; photographs copyright © 2010 by Joyce Oudkerk Pool. Published by The Harvard Common Press.

## Nutrition Facts



■ PROTEIN 34.9% ■ FAT 54.42% ■ CARBS 10.68%

## Properties

Glycemic Index:33.02, Glycemic Load:4.7, Inflammation Score:-4, Nutrition Score:17.52913044717%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 368.88kcal (18.44%), Fat: 22.13g (34.05%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 8.94g (3.25%), Sugar: 6.15g (6.83%), Cholesterol: 90.72mg (30.24%), Sodium: 1839.95mg (80%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.94g (63.88%), Selenium: 44.97µg (64.24%), Vitamin B6: 0.98mg (48.88%), Vitamin B3: 9.49mg (47.45%), Zinc: 5.87mg (39.15%), Phosphorus: 312.53mg (31.25%), Vitamin B12: 1.32µg (21.97%), Vitamin E: 2.78mg (18.51%), Potassium: 577.09mg (16.49%), Iron: 2.71mg (15.08%), Vitamin B5: 1.35mg (13.52%), Vitamin B2: 0.21mg (12.15%), Copper: 0.23mg (11.72%), Vitamin K: 12.19µg (11.61%), Manganese: 0.23mg (11.45%), Magnesium: 38.88mg (9.72%), Vitamin B1: 0.12mg (8.17%), Vitamin A: 301.01IU (6.02%), Folate: 21.86µg (5.46%), Calcium: 47.42mg (4.74%), Fiber: 0.84g (3.34%), Vitamin C: 1.47mg (1.79%)