



Pretzel-Fried Steak with Mango-Onion Gravy

READY IN



60 min.

SERVINGS



4

CALORIES



752 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups beef stock
- 1 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 4 servings canola oil for frying
- 1 teaspoon fenugreek leaves dried
- 2 eggs
- 1 cup flour gluten-free (I use baking flour)
- 2 cups pretzels gluten-free (I use the kind)
- 2 teaspoons ground coriander

- 1 teaspoon ground cumin
- 3 teaspoons kosher salt
- 4 servings kosher salt
- 2 tablespoons mango chutney sweet
- 0.3 cup onion minced
- 2 teaspoons paprika
- 1 teaspoon soya sauce
- 4 cube steaks
- 1 cup milk whole

Equipment

- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- wire rack

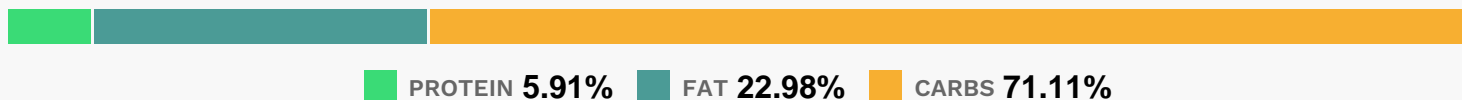
Directions

- Preheat the oven to 200 degrees F.
- For the steaks: Process the pretzels in a food processor until fine. Grab 3 shallow bowls. In one, whisk together the eggs and milk. In another, mix together the flour, salt, pepper, dried fenugreek leaves, paprika, ground coriander, and ground cumin.
- Pour the pretzel crumbs into the last bowl. Save 2 tablespoons of the flavored flour for the gravy.
- Make yourself an assembly line: dip 1 steak on both sides in the flavored flour, making sure it's well coated, but dust off the excess. Then dip it quickly in the egg and lift, allowing the excess to drain back into the bowl. Finally, dunk both sides in the pretzel crumbs. Repeat with

remaining steaks.

- Place the coated steaks on a sheet tray fitted with a cooling rack and let the steaks rest for 15 minutes to let the coating adhere to the meat.
- For the gravy: Melt the butter in a saucepan over medium heat and add the onions and a pinch salt. Sweat until the onions are translucent and softened.
- Add the reserved 2 tablespoons of flavored flour and cook a few minutes until the flour no longer smells raw.
- Add the stock, mango chutney, and soy sauce. Stir, so that no lumps form, and bring to a boil. Cook until the sauce thickens to a gravy consistency, 5 to 10 minutes. Taste and re-season, if necessary.
- In a large cast iron skillet, add enough oil to come up the sides by 1-inch.
- Heat it over medium heat until shimmering; you'll know the oil is hot enough when a pinch of flour sizzles upon contact with the oil. Line a sheet tray with paper towels and place a cooling rack on top.
- Gently lay the steaks into the oil; you may have to do this in batches. Cook each side until golden, about 3 minutes. When both sides are cooked, lay the steaks on the paper towel-lined sheet tray and pop into the oven to keep warm while you do the next batch.
- Serve the steaks with gravy spooned over the top.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:5.2, Inflammation Score:-5, Nutrition Score:9.4721738670183%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 751.81kcal (37.59%), Fat: 19.34g (29.75%), Saturated Fat: 7.93g (49.53%), Carbohydrates: 134.61g (44.87%), Net Carbohydrates: 130.25g (47.37%), Sugar: 10.24g (11.38%), Cholesterol: 97.29mg (32.43%), Sodium: 4194.92mg (182.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.37%), Vitamin B2: 0.33mg (19.34%), Fiber: 4.36g (17.43%), Phosphorus: 163.01mg (16.3%), Vitamin A: 807.13IU (16.14%), Iron: 2.7mg (15.02%),

Selenium: 10.29µg (14.7%), Calcium: 140.67mg (14.07%), Potassium: 429.18mg (12.26%), Vitamin B6: 0.19mg (9.54%),
Vitamin B12: 0.55µg (9.13%), Manganese: 0.16mg (7.88%), Vitamin E: 1.17mg (7.81%), Vitamin D: 1.11µg (7.41%),
Magnesium: 28.79mg (7.2%), Vitamin B3: 1.41mg (7.03%), Vitamin B1: 0.1mg (6.77%), Zinc: 0.95mg (6.35%), Vitamin
B5: 0.62mg (6.25%), Copper: 0.12mg (6.19%), Folate: 17.4µg (4.35%), Vitamin K: 4.33µg (4.12%), Vitamin C: 2.12mg
(2.57%)