



Rib Eye Steaks with Parsley Butter and Bloody Mary Shots

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

563 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups celery leaves
- ☐ 0.3 teaspoon celery salt
- ☐ 3 cups flat-leaf parsley leaves italian
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon horseradish
- ☐ 1 teaspoon hot sauce
- ☐ 2 juice of lemon
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 6 servings olive oil extra-virgin
- ☐ 6 rib eye steaks
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 tablespoon tomato paste
- ☐ 3 cups tomato purée
- ☐ 2 sticks butter unsalted softened
- ☐ 0.3 cup vodka
- ☐ 1.5 teaspoons worcestershire sauce
- ☐ 3 dashes worcestershire sauce

Equipment

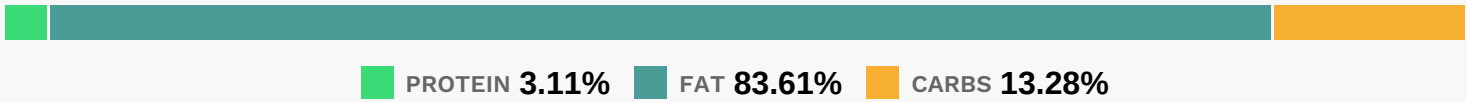
- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine the butter, parsley, lemon zest, horseradish, tomato paste, celery salt, Worcestershire sauce and lemon juice in a bowl and stir to blend. Season with salt and pepper.
- ☐ Transfer the parsley butter to the bottom of a large zip-top bag. Push all of the butter to the bottom, roll into a log and freeze until ready to serve.
- ☐ Combine the tomato puree, vodka, horseradish, Worcestershire sauce, hot sauce, lemon juice, a pinch of salt and some pepper in a large bowl and chill in the fridge until ready to serve.
- ☐ Heat a large skillet over high heat. Rub the steaks with olive oil, sprinkle with salt and pepper and place in the hot skillet. Cook in batches if needed, do not crowd the pan. Cook the steaks for 2 to 3 minutes on each side. Make sure to get the edges cooked.
- ☐ Remove the steaks from the heat and let rest before serving.

- ☐ Combine the parsley leaves, celery leaves, olive oil and lemon juice and toss well to combine. Season with salt and pepper.
- ☐ Transfer the steaks to plates and divide the salad among the plates.
- ☐ Remove the butter from the freezer and slice off the plastic bag.
- ☐ Cut slices of butter from the log and place 1 to 2 slices on top of the warm steaks. Divide the bloody mary mixture between 6 large shot glasses or small bowls and serve alongside the steak and salad.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:24.970000168552%

Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 69.78mg, Apigenin: 69.78mg, Apigenin: 69.78mg, Apigenin: 69.78mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 4.65mg, Myricetin: 4.65mg, Myricetin: 4.65mg, Myricetin: 4.65mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 562.56kcal (28.13%), Fat: 52.43g (80.66%), Saturated Fat: 22.44g (140.23%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 13.56g (4.93%), Sugar: 8.89g (9.88%), Cholesterol: 81.59mg (27.2%), Sodium: 294.84mg (12.82%), Alcohol: 3.34g (100%), Alcohol %: 1.25% (100%), Protein: 4.39g (8.78%), Vitamin K: 557.26µg (530.72%), Vitamin A: 4648.63IU (92.97%), Vitamin C: 68.03mg (82.46%), Vitamin E: 7.07mg (47.16%), Potassium: 1036.87mg (29.62%), Iron: 4.81mg (26.71%), Folate: 97.18µg (24.29%), Copper: 0.48mg (23.93%), Fiber: 5.16g (20.65%), Manganese: 0.38mg (19.04%), Magnesium: 58.9mg (14.72%), Vitamin B3: 2.78mg (13.88%), Vitamin B6: 0.28mg (13.77%), Vitamin B2: 0.21mg (12.22%), Calcium: 115.13mg (11.51%), Phosphorus: 106.42mg (10.64%), Vitamin B5: 0.97mg (9.72%), Zinc: 1.05mg (7%), Vitamin B1: 0.09mg (5.86%), Vitamin D: 0.57µg (3.77%), Selenium: 2.14µg (3.05%), Vitamin B12: 0.08µg (1.34%)