



Salt-Roasted Porterhouse



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



987 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves crushed
- ☐ 1 tablespoon peppercorns whole black
- ☐ 1 teaspoon coarse kosher salt
- ☐ 2 teaspoons rosemary dried
- ☐ 2 teaspoons fennel seeds
- ☐ 2 teaspoons mustard seeds
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 30 ounce t-bone steak thick ()

- ☐ 0.3 cup water
- ☐ 2 teaspoons coriander seeds whole

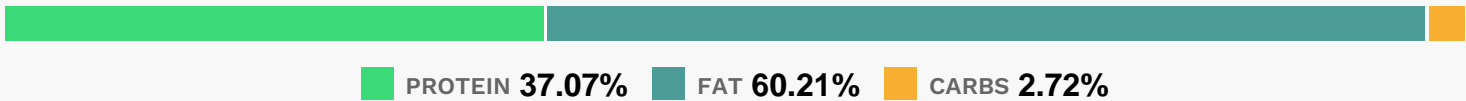
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ kitchen thermometer

Directions

- ☐ Mix first 7 ingredients in small bowl.
- ☐ Transfer 2 tablespoons spice mixture to spice grinder; grind finely.
- ☐ Mix in 1 teaspoon salt. DO AHEAD: Can be made 1 week ahead. Store whole and ground spice mixtures separately in airtight containers at room temperature.
- ☐ Rub ground spice mixture all over steak. Wrap in plastic; chill 3 hours.
- ☐ Preheat oven to 475°F. Unwrap steak; place in large ovenproof skillet.
- ☐ Mix whole spice mixture with 1 1/2 cups kosher salt in medium bowl.
- ☐ Add 1/4 cup water; stir to moisten. Pack salt over top and sides of steak. Roast until instant-read thermometer inserted horizontally into steak registers 130°F for medium-rare, about 25 minutes.
- ☐ Let stand at room temperature 8 minutes. Crack salt crust with wooden spoon; discard. Turn steak over. Slice into 1/2-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:38.234782612842%

Nutrients (% of daily need)

Calories: 986.9kcal (49.34%), Fat: 65.02g (100.04%), Saturated Fat: 25.74g (160.87%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.27g (0.3%), Cholesterol: 238.14mg (79.38%), Sodium: 1405.98mg (61.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 90.06g (180.12%), Vitamin B12: 11.82µg (197.03%), Selenium: 77.29µg (110.42%), Zinc: 14.39mg (95.96%), Vitamin B6: 1.67mg (83.33%), Vitamin B3: 15.86mg (79.31%), Phosphorus: 792.32mg (79.23%), Iron: 10.2mg (56.65%), Manganese: 0.96mg (48.03%), Vitamin B2: 0.8mg (47.11%), Potassium: 1473.55mg (42.1%), Vitamin B1: 0.47mg (31.3%), Magnesium: 120.47mg (30.12%), Copper: 0.47mg (23.72%), Vitamin B5: 1.42mg (14.17%), Fiber: 3.52g (14.08%), Calcium: 99.53mg (9.95%), Vitamin K: 8.88µg (8.45%), Folate: 31.94µg (7.99%), Vitamin A: 191.64IU (3.83%), Vitamin E: 0.39mg (2.63%), Vitamin C: 1.19mg (1.44%)