



Shooter's Steak Sandwich

READY IN



415 min.

SERVINGS



8

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 1 tablespoon butter divided
- ☐ 1.5 pounds button mushrooms finely chopped
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 round loaf of crusty bread
- ☐ 3 tablespoons dijon mustard
- ☐ 1 tablespoon extra-hot horseradish prepared to taste
- ☐ 1 tablespoon mayonnaise
- ☐ 1 tablespoon olive oil

- ☐ 2 pound beef rib-eye steaks trimmed well
- ☐ 8 servings salt
- ☐ 8 servings salt and pepper black freshly ground to taste
- ☐ 0.5 cup shallots minced
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water

Equipment

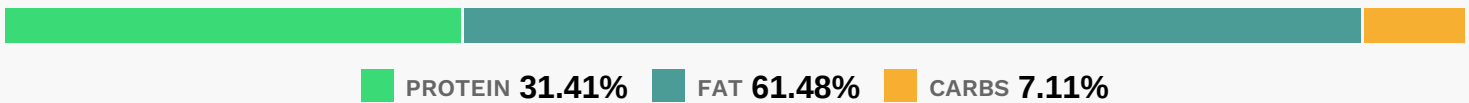
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ meat tenderizer

Directions

- ☐ Heat olive oil and 1/2 tablespoon butter in a large skillet over high heat; saute mushrooms with a pinch of salt in the oil and butter until mushrooms release their liquid and the liquid evaporates, 8 to 10 minutes. Make a well in the center of the mushrooms and melt remaining 1/2 tablespoon butter.
- ☐ Saute shallots in hot butter until translucent, 2 to 3 minutes.
- ☐ Mix shallots into mushrooms and continue to cook, stirring constantly, until mushrooms are browned.
- ☐ Pour brandy into mushrooms; saute until alcohol cooks off, 1 to 2 more minutes. Turn off heat and season with cayenne pepper, salt, and black pepper. Set mushroom mixture aside to cool to room temperature.
- ☐ Mix Dijon mustard, horseradish, and mayonnaise until smooth in a small bowl.
- ☐ Slice the top 25% of the bread loaf off to make a lid and set lid aside.
- ☐ Remove the interior bread from the loaf to create a large bread bowl with 1/2-inch-thick sides.
- ☐ Spread Dijon mustard sauce over entire interior of bread bowl and under the lid.

- ☐ Pound each steak out on a work surface to about the same diameter as the inside of the bread bowl, using a meat mallet. Season steaks generously on both sides with salt and black pepper.
- ☐ Heat vegetable oil in a large skillet over high heat until oil is nearly smoking. Sear steaks in the hot skillet just until browned and interior is your desired degree of doneness, about 2 minutes per side for medium.
- ☐ Remove steaks to a plate, leaving pan drippings in skillet.
- ☐ Pour water into skillet and dissolve the browned bits of food and steak juices into water. Bring to a boil and cook until drippings are reduced to about 2 tablespoons, about 5 minutes.
- ☐ Pour pan drippings into mushrooms.
- ☐ Place a browned steak into the bottom of the bread bowl.
- ☐ Spread mushroom filling over the steak, packing it in well.
- ☐ Place slices of pate over mushroom filling if desired.
- ☐ Place the second steak into bread bowl over the pate; place prepared bread lid on the bowl.
- ☐ Wrap the loaf loosely in plastic wrap and then aluminum foil.
- ☐ Place onto a sheet pan, put another sheet pan on top, and weigh the top sheet pan down with heavy pots, cans of food, or any heavy, stable object.
- ☐ Place sandwich into refrigerator and press for at least 6 hours (preferably overnight).
- ☐ Unwrap the bread loaf and slice the sandwich into wedges for serving.

Nutrition Facts



Properties

Glycemic Index:48.56, Glycemic Load:1.36, Inflammation Score:-3, Nutrition Score:17.080869410349%

Nutrients (% of daily need)

Calories: 333.8kcal (16.69%), Fat: 22.73g (34.97%), Saturated Fat: 8.8g (55.01%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.25g (1.55%), Sugar: 3.1g (3.44%), Cholesterol: 73.67mg (24.56%), Sodium: 352.12mg (15.31%), Alcohol: 1.25g (100%), Alcohol %: 0.66% (100%), Protein: 26.13g (52.26%), Selenium: 37.82µg (54.03%), Vitamin B3: 8.7mg (43.5%), Zinc: 6.38mg (42.53%), Vitamin B2: 0.62mg (36.58%), Vitamin B12: 1.92µg (32.03%), Vitamin B6: 0.6mg (29.91%), Phosphorus: 253.23mg (25.32%), Copper: 0.38mg (19.06%), Potassium: 639.43mg (18.27%), Iron:

2.68mg (14.91%), Vitamin B5: 1.34mg (13.41%), Vitamin B1: 0.19mg (12.66%), Magnesium: 38.14mg (9.54%), Vitamin K: 9.26µg (8.82%), Fiber: 1.66g (6.64%), Manganese: 0.12mg (6.2%), Folate: 24.67µg (6.17%), Vitamin C: 3.47mg (4.2%), Vitamin E: 0.53mg (3.52%), Calcium: 22mg (2.2%), Vitamin D: 0.29µg (1.91%), Vitamin A: 72.25IU (1.45%)