



Sirloin Strip Roast with Roquefort Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large anchovy fillets minced
- 2 tablespoons balsamic vinegar
- 0.3 cup bread crumbs fresh
- 1 teaspoon dijon mustard
- 3 tablespoons cooking wine dry white
- 1 large garlic clove minced
- 2 tablespoons heavy cream
- 3 tablespoons olive oil
- 2.3 pound sirloin strip roast

- 2 ounces roquefort cheese
- 4 servings salt and pepper freshly ground
- 1 tablespoon soya sauce
- 1 tablespoon butter unsalted cold
- 0.5 cup water
- 1 pound mushrooms white stemmed

Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer
- broiler
- measuring cup
- gravy boat

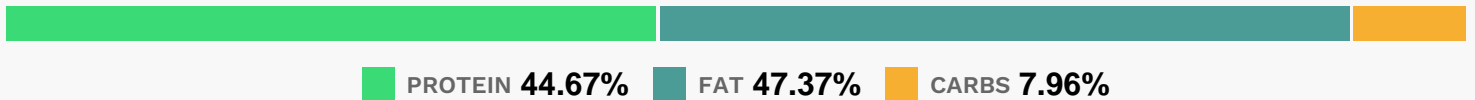
Directions

- Preheat the oven to 450
- In a large enameled cast-iron or stainless steel baking dish, toss the mushroom caps with the wine and 2 tablespoons of the olive oil. Season with salt and pepper. Turn the caps stemmed side down and roast for 10 minutes, or until they release their liquid.
- Pour the liquid into a glass measuring cup. Turn the mushrooms and roast for 10 minutes longer, or until well browned on the bottom.
- Transfer the mushrooms to a large plate. Set the baking dish over moderately high heat and when it starts to smoke, add the water. Bring to a boil, scraping up the browned bits on the bottom, and simmer until the water reduces by half, about 3 minutes.
- Pour the liquid into the measuring cup.
- Return the mushroom caps to the baking dish, stemmed side up. In a bowl, combine the Roquefort with the cream, anchovies, garlic and mustard. Stir in the bread crumbs and season

with salt and pepper. Stuff each mushroom cap with a heaping teaspoon of filling.

- Season the sirloin roast with salt and pepper. Set a large ovenproof skillet over moderately high heat for a few minutes.
- Add the remaining 1 tablespoon of olive oil and when it starts to smoke, add the roast, fat side down. Cook until the fat is deeply browned, about 5 minutes, then quickly sear the roast for 1 minute on each side. Turn the roast fat side up and cook for 1 minute.
- Roast the sirloin in the oven for about 20 minutes, or until an instant-read thermometer inserted in the thickest part registers 120 for rare.
- Transfer the meat to a carving board and let rest for at least 10 minutes before carving.
- Meanwhile, preheat the broiler. Set the skillet over moderately high heat.
- Add the balsamic vinegar and bring to a simmer, scraping up the browned bits from the bottom of the skillet.
- Add the soy sauce and the reserved mushroom liquid and boil for 3 minutes.
- Remove the skillet from the heat and swirl in the butter. Season the sauce with salt and plenty of pepper and pour it into a warmed gravy boat. Broil the mushrooms for 3 minutes, or until browned. Rotate the baking dish as necessary. Carve the roast into 4 thick slices and serve with the stuffed mushrooms. Pass the sauce at the table.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:35.820869269578%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 582.07kcal (29.1%), Fat: 29.83g (45.89%), Saturated Fat: 10.8g (67.48%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 9.73g (3.54%), Sugar: 4.29g (4.77%), Cholesterol: 170.29mg (56.76%), Sodium: 927.1mg (40.31%), Alcohol: 1.16g (100%), Alcohol %: 0.31% (100%), Protein: 63.28g (126.56%), Selenium: 89.35µg (127.65%), Vitamin B3: 21.36mg (106.8%), Vitamin B6: 1.78mg (88.82%), Zinc: 11.63mg (77.57%), Phosphorus: 702.73mg (70.27%), Vitamin B12: 3.38µg (56.32%), Vitamin B2: 0.94mg (55.51%), Potassium: 1293.72mg (36.96%), Vitamin B5: 3.65mg (36.49%), Iron: 5.88mg (32.64%), Copper: 0.65mg (32.62%), Vitamin B1: 0.4mg (26.48%), Magnesium: 82.43mg (20.61%), Calcium: 176.68mg (17.67%), Folate: 65.68µg (16.42%), Vitamin E: 2.38mg (15.89%), Manganese: 0.22mg (10.94%), Vitamin K: 10.14µg (9.65%), Vitamin A: 348.08IU (6.96%), Fiber: 1.54g (6.17%), Vitamin C: 2.67mg (3.23%), Vitamin D: 0.4µg (2.66%)