



SKYE GYNGELL

Skirt Steak with Hazelnut Picada and Wilted Escarole

READY IN



45 min.

SERVINGS



4

CALORIES



933 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slice bread thick peasant style
- ☐ 1 head endive
- ☐ 4 servings olive oil extra virgin
- ☐ 1 garlic clove peeled
- ☐ 20 hazelnuts shelled
- ☐ 180 ml olive oil extra virgin generous extra-virgin
- ☐ 1 tablespoon orange juice
- ☐ 1 orange zest shredded grated finely

- ☐ 1 small bunch oregano
- ☐ 4 servings pepper black freshly ground
- ☐ 700 g skirt steak cut into 4 servings
- ☐ 50 g butter unsalted

Equipment

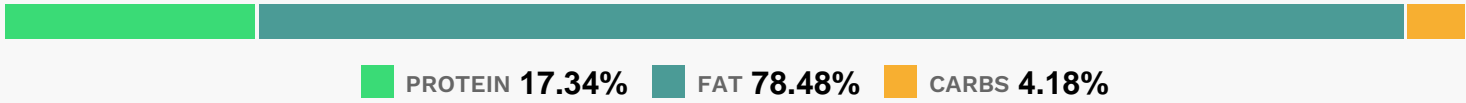
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ Set the steaks aside on a covered plate to bring them to room temperature.
- ☐ For the picada, preheat the oven to 350°F (180°C). Tear the bread roughly into pieces.
- ☐ Heat the olive oil in a shallow pan over medium heat. When it is hot, add the bread and pan-fry until evenly golden and crisp. (Take care that the olive oil does not become too hot and begin to smoke.)
- ☐ Remove and drain off excess oil. Pound the bread, in batches if necessary, using a mortar and pestle, until you have coarse bread crumbs.
- ☐ Place the nuts on a baking sheet and roast in the middle of the oven for 10 minutes until evenly golden. Tip the hot nuts into a clean dry cloth and rub to remove the skins. Mince the nuts and place in a bowl with the bread crumbs, orange zest, and juice. Mince the garlic and oregano together and add to the bowl with a pinch of salt. Stir to combine, then set aside. Turn the oven to its lowest setting.
- ☐ Discard the outer leaves from the escarole, then tear the lettuce into large pieces. Wash well, but don't bother to pat dry. Season the steaks liberally all over.
- ☐ Place a heavy skillet over high heat and brush the steaks with a little olive oil.
- ☐ Lay the steaks in the skillet when it is hot and cook without moving for 3 minutes. Turn and cook on the other side for 3 minutes (you may need a minute or two longer if the steaks have been cut from a thicker section of the thigh). You should have a nice brown crust, while the meat inside should be rare.

- ☐ Remove to a plate and rest in the warm oven for 6 to 8 minutes.
- ☐ Meanwhile, cook the escarole.
- ☐ Place a wide pan over medium–low heat.
- ☐ Add the butter and let it just melt, then add the torn leaves and seasoning.
- ☐ Put the lid on until the water clinging to the leaves begins to steam, then uncover and stir every few seconds so the leaves wilt uniformly. This will take 2 to 3 minutes. Now you should have a lovely glossy, pale green vegetable. Check the seasoning.
- ☐ Place a steak on each warm serving plate and arrange the escarole alongside. Spoon over the picada and serve at once.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:59.42, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:38.479130413221%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epigallocatechin: 0.19mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 11.36mg, Kaempferol: 11.36mg, Kaempferol: 11.36mg, Kaempferol: 11.36mg 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: 933.44kcal (46.67%), Fat: 83.02g (127.72%), Saturated Fat: 19.28g (120.53%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 5.03g (1.83%), Sugar: 1.37g (1.52%), Cholesterol: 137.13mg (45.71%), Sodium: 176.18mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.28g (82.57%), Vitamin K: 299.61µg (285.34%), Zinc: 12.44mg (82.94%), Vitamin E: 10.01mg (66.75%), Vitamin B12: 3.75µg (62.48%), Selenium: 41.19µg (58.84%), Manganese: 1.17mg (58.62%), Vitamin A: 2791.76IU (55.84%), Vitamin B3: 10.97mg (54.83%), Folate: 182.04µg (45.51%), Vitamin B6: 0.85mg (42.52%), Vitamin B2: 0.68mg (40.03%), Phosphorus: 336.36mg (33.64%), Iron: 5.05mg (28.07%), Potassium: 947.62mg (27.07%), Vitamin B5: 2.19mg (21.94%), Copper: 0.4mg (19.96%), Fiber: 4.92g (19.68%), Vitamin B1: 0.28mg (18.59%), Magnesium: 72.07mg (18.02%), Vitamin C: 14.21mg (17.23%), Calcium: 100.37mg (10.04%), Vitamin D: 0.36µg (2.42%)