



## Steak Frites on Sticks



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



2

CALORIES



1244 kcal

SIDE DISH

## Ingredients

- ☐ 2 servings sea salt to taste (such as Maldon)
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 tablespoon herbs mixed minced (optional as garnish)
- ☐ 2 servings kosher salt and cracked pepper black as needed
- ☐ 2 servings oil for frying
- ☐ 2 tablespoon red wine vinegar
- ☐ 2 pound russet potatoes
- ☐ 1.5 pound fat-trimmed beef flank steak cut into 1 ¼-inch cubes (Portehouse or Rib Eye, preferably)

☐ 2 tablespoon butter unsalted divided ()

## Equipment

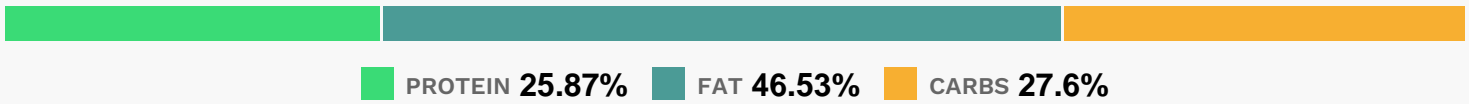
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ grill
- ☐ aluminum foil
- ☐ skewers
- ☐ deep fryer

## Directions

- ☐ Place a medium saucepan over medium heat and add 1 tablespoon butter and the shallots. Season with salt and pepper and cook until the shallots are softened, but not yet colored, about 3 minutes.
- ☐ Add the vinegar and cook, stirring occasionally, until it evaporates, then add the wine.
- ☐ Let the wine come to a boil then lower the heat and let the sauce reduce by about half.
- ☐ Remove the pan from the heat and stir in the remaining butter; set aside. Prep the potatoes: Scrub the potatoes, peel them if you like, then slice them lengthwise into slabs, 3/8 inch thick.
- ☐ Cut the slabs lengthwise into 3/8-inch batons.
- ☐ Place the steak cubes in a medium bowl; toss with a big pinch or two each salt and pepper. Thread the cubes divided evenly onto the 4 prepared skewers. Don't squeeze them together too tightly. Leave room for the edges to char. Set aside. Give the potatoes their first fry: Preheat the oil in a deep fryer (or tall, deep sided stock pot) to 325 degrees. Line a sheet pan with paper towels to absorb the oil from the cooked potatoes.
- ☐ Heat grill to high. Grill the meat on the skewers for 2 to 3 minutes per side until charred on the outside and cooked to medium-rare on the inside (or to your desired doneness). Move to a platter, cover loosely with foil and let the meat rest while you finish the frites. Give the

- potatoes their second fry: Working with about half the potatoes at a time, fry in the 365 degree oil until golden brown and crisp, about 4 minutes.
- ☐ Drain them on a paper-towel lined baking sheet; toss with kosher salt.Gently reheat the sauce and place into a serving vessel.
  - ☐ Serve the frites and steak together; sprinkle with sea salt and garnish with minced herbs (optional).
  - ☐ Serve the sauce on the side for drizzling.Like this:Like Loading...

## Nutrition Facts



## Properties

Glycemic Index:77.38, Glycemic Load:64.47, Inflammation Score:-8, Nutrition Score:46.029130064923%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 1243.95kcal (62.2%), Fat: 62.63g (96.35%), Saturated Fat: 28.91g (180.71%), Carbohydrates: 83.6g (27.87%), Net Carbohydrates: 77.69g (28.25%), Sugar: 2.82g (3.14%), Cholesterol: 237.62mg (79.21%), Sodium: 589.94mg (25.65%), Alcohol: 6.3g (100%), Alcohol %: 0.89% (100%), Protein: 78.35g (156.7%), Vitamin B6: 2.92mg (146.21%), Zinc: 18.79mg (125.29%), Selenium: 84.97µg (121.38%), Vitamin B3: 21.37mg (106.83%), Vitamin B12: 5.67µg (94.52%), Potassium: 2815.44mg (80.44%), Phosphorus: 744.48mg (74.45%), Vitamin B2: 0.97mg (56.96%), Iron: 9.86mg (54.76%), Vitamin B1: 0.67mg (44.82%), Magnesium: 177.3mg (44.32%), Copper: 0.74mg (37.02%), Manganese: 0.73mg (36.6%), Vitamin C: 26.11mg (31.65%), Fiber: 5.91g (23.65%), Vitamin K: 20.39µg (19.42%), Folate: 74.81µg (18.7%), Vitamin B5: 1.38mg (13.83%), Vitamin A: 458.17IU (9.16%), Calcium: 89.05mg (8.91%), Vitamin E: 0.87mg (5.79%), Vitamin D: 0.55µg (3.67%)