



Steaks with Sauce Bordelaise



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces beef bone marrow 2-inch-thick (from four beef crosscut shank bones)
- ☐ 1 cup wine dry red
- ☐ 4 servings parsley fresh chopped
- ☐ 1 cup beef broth
- ☐ 1 large shallots finely chopped
- ☐ 4.5 inch fat-trimmed beef flank steak (each 8 ounces)
- ☐ 6 tablespoons butter unsalted chilled ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Bring broth to simmer in heavy small saucepan over medium-high heat.
- ☐ Add marrow; reduce heat to low and poach gently until marrow looks translucent and gray, about 2 minutes. Using slotted spoon, transfer marrow to small plate. Refrigerate marrow poaching liquid. Refrigerate marrow until cold and firm, about 45 minutes. Dice marrow finely; cover and chill. (Can be made 1 day ahead. Keep marrow and poaching liquid chilled.)
- ☐ Melt 1 tablespoon butter in heavy medium skillet over medium-high heat.
- ☐ Add shallot and sauté until translucent, about 3 minutes.
- ☐ Add wine and boil until reduced to scant 1/2 cup, about 5 minutes.
- ☐ Transfer reduction to small bowl.
- ☐ Melt 2 tablespoons butter in heavy large skillet over high heat.
- ☐ Sprinkle steaks lightly with salt and pepper.
- ☐ Add to skillet and sear until cooked to desired doneness, about 3 minutes per side for medium-rare.
- ☐ Transfer steaks to plates.
- ☐ Add wine reduction to skillet and bring to boil, scraping up browned bits. Reduce heat to medium.
- ☐ Whisk in remaining 3 tablespoons butter, 1 tablespoon at a time.
- ☐ Add 1/4 cup reserved marrow poaching liquid and diced marrow. Cook until marrow melts and sauce is smooth, whisking constantly, about 2 minutes. Thin sauce with more poaching liquid by tablespoonfuls, if desired. Season sauce with salt and pepper. Spoon sauce over steaks.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:5.4452173606209%

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 Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 216.45kcal (10.82%), Fat: 17.61g (27.09%), Saturated Fat: 11.04g (69%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.57g (0.93%), Sugar: 0.54g (0.6%), Cholesterol: 46.89mg (15.63%), Sodium: 229.99mg (10%), Alcohol: 6.3g (100%), Alcohol %: 4.74% (100%), Protein: 1.75g (3.51%), Vitamin K: 67.16µg (63.96%), Vitamin A: 862.43IU (17.25%), Vitamin C: 5.82mg (7.05%), Vitamin E: 0.52mg (3.46%), Vitamin B3: 0.68mg (3.41%), Iron: 0.48mg (2.66%), Folate: 10.12µg (2.53%), Potassium: 88.13mg (2.52%), Phosphorus: 23.02mg (2.3%), Vitamin B6: 0.04mg (2.16%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.13µg (2.09%), Selenium: 1.41µg (2.01%), Vitamin B2: 0.03mg (1.87%), Calcium: 16.67mg (1.67%), Manganese: 0.03mg (1.57%), Zinc: 0.23mg (1.56%), Magnesium: 5.53mg (1.38%), Fiber: 0.33g (1.33%)