



Szechwan Pepper-Crusted Steak Smothered with Onions

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 1 teaspoons balsamic vinegar
- ☐ 0.5 teaspoon peppercorns black
- ☐ 1 teaspoon ginger finely grated
- ☐ 4 servings ground pepper fresh black
- ☐ 0.8 teaspoon kosher salt
- ☐ 4 servings kosher salt

- ☐ 1.5 pounds bermuda onions peeled
- ☐ 1 teaspoon szechwan peppercorns
- ☐ 1.3 pounds shell steak trimmed
- ☐ 0.5 teaspoon sugar
- ☐ 2 teaspoons butter unsalted
- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 teaspoon peppercorns white

Equipment

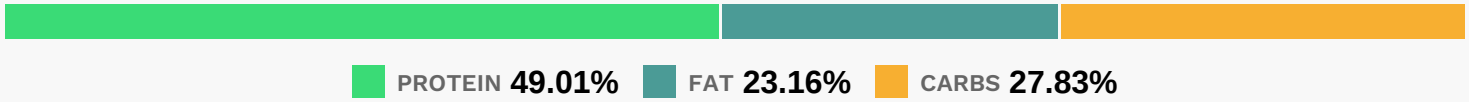
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ blender
- ☐ mandoline
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ To make the onions, slice the onions in half through the stem. With a mandoline or vegetable slicer or a thin sharp knife, cut lengthwise into 1/8-inch slices. (You should have about 6 cups.)
- ☐ In a large nonstick skillet, melt the butter over moderately low heat.
- ☐ Add the onions, sprinkle with 1/2 teaspoon of the salt, and toss to coat. Cover and cook until the onions have released their liquid, about 13 minutes.
- ☐ Uncover the pan, increase the heat to moderate, and cook slowly, stirring occasionally, until the liquid has evaporated, about 10 minutes.
- ☐ Sprinkle the onions with the sugar and continue cooking, stirring frequently, until they are golden brown and caramelized, about 10 minutes longer.
- ☐ Sprinkle with the balsamic vinegar and toss until the vinegar has evaporated.
- ☐ Add the remaining 1/4 teaspoon salt, and season generously with pepper.

- ☐ Remove from the heat and cover to keep warm.
- ☐ Meanwhile, prepare the pepper rub: In a small heavy skillet, toast the peppercorns and allspice over moderate heat, shaking the pan occasionally, until fragrant, about 3 minutes.
- ☐ Transfer to a blender or spice grinder and grind to a fine powder. Strain the spices into a small bowl and return the coarse bits to the blender. Blend again and strain.
- ☐ Pat the steaks dry with paper towels; rub lightly with a little of the oil.
- ☐ Sprinkle lightly with salt and massage the ginger into the steak; then rub the pepper rub over them.
- ☐ Heat a grill pan or heavy nonstick skillet over high heat. Lightly oil the grill pan, if using, or swirl the remaining oil in a nonstick skillet.
- ☐ Add the steaks to the pan and cook until little droplets of blood form on the surface, about 4 minutes. Turn the steaks over and continue cooking until a droplet or so of blood forms on the top again, another 3 to 4 minutes, for rare.
- ☐ Transfer the steak to a cutting board and let rest for 5 to 10 minutes.
- ☐ With a thin sharp knife, slice the steaks on a slight angle against the grain.
- ☐ Sprinkle the meat with a little salt and arrange the slices warm diner plates. Nestle a mound of onions next to the steak.

Nutrition Facts



Properties

Glycemic Index:68.27, Glycemic Load:4.22, Inflammation Score:-7, Nutrition Score:17.380434844805%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg

Nutrients (% of daily need)

Calories: 266.54kcal (13.33%), Fat: 6.83g (10.5%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 14.88g (5.41%), Sugar: 7.92g (8.8%), Cholesterol: 106.02mg (35.34%), Sodium: 710.16mg (30.88%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.51g (65.01%), Vitamin B12: 3.26µg (54.41%), Selenium: 36.58µg (52.25%), Zinc: 5.15mg (34.31%), Phosphorus: 342.28mg (34.23%), Vitamin B6: 0.58mg (28.92%), Iron: 4.91mg (27.27%), Manganese: 0.5mg (25.2%), Potassium: 754.33mg (21.55%), Copper: 0.32mg (15.95%), Vitamin C: 12.86mg (15.59%), Vitamin B3: 3.09mg (15.46%), Fiber: 3.57g (14.29%), Magnesium: 55.42mg (13.86%), Vitamin B2: 0.19mg (11.1%), Vitamin B1: 0.14mg (9.64%), Folate: 32.92µg (8.23%), Calcium: 59.04mg (5.9%), Vitamin K: 5.79µg (5.51%), Vitamin B5: 0.24mg (2.37%), Vitamin E: 0.27mg (1.83%), Vitamin A: 81.37IU (1.63%)