



The Lee Bros. City Ham Steak with Red-Eye Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 2 large stalks the salad end trimmed cut into 2-inch pieces
- ☐ 0.5 cup hot-brewed coffee brewed
- ☐ 2 teaspoons flour all-purpose
- ☐ 48 ounce ham steak
- ☐ 2 teaspoons paprika smoked spanish
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 large onion trimmed peeled cut into eighths

- ☐ 2 cups rich pork broth (recipe below)
- ☐ 1 pound boston butt pork shoulder bone-in
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 6 cups water cold

Equipment

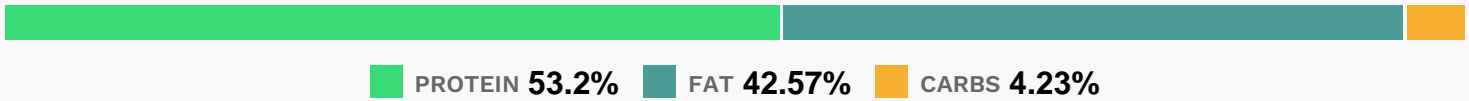
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ gravy boat

Directions

- ☐ Preheat the oven to 250° F and place an ovenproof serving platter or large plate and an ovenproof gravy boat on the middle rack.
- ☐ Place the oil in a 12-inch cast-iron skillet and heat over medium-high heat until it shimmers.
- ☐ Add the ham steaks and fry in 2 batches, leaving about 1 inch of space between them. Turn each steak as it becomes golden brown in patches, about 4 minutes per side.
- ☐ Transfer the first 2 steaks to the serving platter and set it back in the oven to warm as you fry the second batch.
- ☐ When all 4 ham steaks are warming in the oven, reduce the heat to medium and add the broth to the skillet. When the sizzling subsides, stir with a wooden spoon, scraping up the browned bits from the bottom.
- ☐ Mix the flour, sugar, and paprika in a small bowl. When the broth comes to a simmer, sprinkle the flour mixture into it with one hand while whisking vigorously with the other, to prevent slumping.

- ☐
- Add the coffee and continue to whisk occasionally until the gravy returns to a simmer. Turn the heat to low, and simmer, whisking occasionally, until the gravy has thickened to the consistency of melted ice cream, about 5 minutes. Turn off the heat and whisk the butter until it melts.
- ☐
- Remove the serving platter and gravy boat from the oven and fill the gravy boat with the gravy. Pass the gravy at the table.
- ☐
- Rich Pork Broth
- ☐
- makes 3 to 4 cups -
- ☐
- Place the bones, onion, celery, and bay leaves in a medium stockpot and cover with the cold water. Bring to a vigorous simmer over medium-high heat, then turn the heat to low and simmer gently for 1 hour.

Nutrition Facts



Properties

Glycemic Index:54.77, Glycemic Load:2.06, Inflammation Score:-8, Nutrition Score:41.516956451146%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg,
Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:
0.03mg, Myricetin: 0.03mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 631.84kcal (31.59%), Fat: 29.02g (44.64%), Saturated Fat: 10.74g (67.15%), Carbohydrates: 6.48g (2.16%),
Net Carbohydrates: 5.41g (1.97%), Sugar: 3.2g (3.56%), Cholesterol: 216.83mg (72.28%), Sodium: 4827.12mg
(209.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.85mg (3.95%), Protein: 81.59g (163.19%), Vitamin
B1: 3.39mg (226.06%), Vitamin C: 113.38mg (137.43%), Selenium: 74.28µg (106.12%), Phosphorus: 1047.06mg
(104.71%), Vitamin B3: 20.76mg (103.82%), Vitamin B6: 1.62mg (80.78%), Zinc: 9.29mg (61.96%), Vitamin B2: 1.02mg
(60.01%), Vitamin B12: 3.3µg (55.07%), Potassium: 1460.25mg (41.72%), Vitamin B5: 2.85mg (28.49%), Iron: 4.74mg
(26.36%), Magnesium: 91.01mg (22.75%), Copper: 0.44mg (22.03%), Manganese: 0.29mg (14.41%), Vitamin A:
687.13IU (13.74%), Folate: 27.7µg (6.92%), Vitamin E: 1.02mg (6.78%), Calcium: 53.36mg (5.34%), Fiber: 1.07g
(4.26%), Vitamin K: 3.75µg (3.57%)