



WHATSheATE



Tuscan Porterhouse Steak with Red Wine-Peppercorn Jus



Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



1069 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons peppercorns black crushed (see Cooks' Notes)
- ☐ 8 inch rosemary leaves fresh
- ☐ 5 sprigs thyme sprigs fresh
- ☐ 0.5 cup red wine dry red (such as Chianti, Rioja, or merlot)
- ☐ 3 garlic clove crushed
- ☐ 2 teaspoons kosher salt
- ☐ 1 cup chicken broth low-sodium

- ☐ 1.5 pound sirloin steak thick ()
- ☐ 3 tablespoons butter unsalted divided cut into tablespoon pieces,
- ☐ 1 tablespoon vegetable oil

Equipment

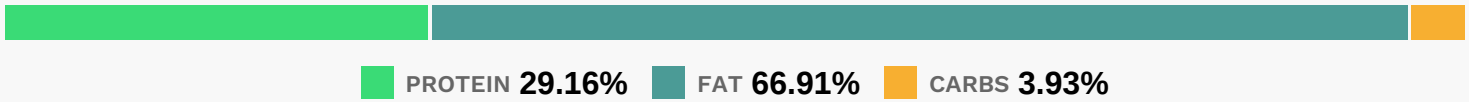
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ rolling pin
- ☐ mortar and pestle
- ☐ tongs
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Let steak sit at room temperature 15 minutes. Meanwhile, preheat oven to 450°F.
- ☐ Pat steak dry and season both sides with peppercorns and kosher salt.
- ☐ Heat oil and 1 tablespoon of butter in skillet over medium heat until butter melts.
- ☐ Add rosemary, thyme, and garlic and cook over medium heat, stirring occasionally, until herbs and garlic are fragrant, about 1 minute.
- ☐ Add steak and cook until nicely browned, about 3 minutes per side.
- ☐ Transfer skillet to oven and cook until an instant-read thermometer registers 110°F for medium-rare, about 5 minutes (or 120°F for medium, about 10 minutes).
- ☐ Transfer steak with tongs to a small platter, reserving skillet, and let rest 10 minutes.
- ☐ While steak rests, pour off oil from skillet, leaving garlic and herbs in skillet.
- ☐ Add wine and boil over medium-high heat, scraping up browned bits, until reduced by half, about 2 minutes.

- ☐ Add chicken broth and any meat juices from platter and boil until reduced by half, 5 to 6 minutes.
- ☐ Whisk in remaining 2 tablespoons butter until incorporated, then season with salt and keep warm.
- ☐ Transfer the steak to a cutting board and cut meat off both sides of the bone (you should have two solid pieces of steak). Thinly slice each piece, then rearrange the slices around the bone on a platter.
- ☐ Drizzle with the jus.
- ☐ •Coarsely crush the peppercorns with a mortar and pestle or put the peppercorns in a sealable plastic bag and coarsely crush them with the bottom of a heavy skillet, meat pounder or rolling pin.•When browning the steak, don't move it around.
- ☐ Let it cook undisturbed (only flip it once), so that a nice crust forms.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:35.736521866011%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 3.59mg, Naringenin: 3.59mg, Naringenin: 3.59mg, Naringenin: 3.59mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg 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: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1069.38kcal (53.47%), Fat: 75.76g (116.56%), Saturated Fat: 32.85g (205.29%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 7.02g (2.55%), Sugar: 0.61g (0.68%), Cholesterol: 235.66mg (78.55%), Sodium: 2553.81mg (111.04%), Alcohol: 6.36g (100%), Alcohol %: 1.41% (100%), Protein: 74.29g (148.57%), Vitamin B12: 9.61µg (160.19%), Selenium: 57.32µg (81.89%), Zinc: 11.63mg (77.53%), Vitamin B6: 1.45mg (72.54%), Vitamin B3: 14.33mg (71.64%), Phosphorus: 669.37mg (66.94%), Iron: 9mg (50.01%), Manganese: 0.91mg (45.36%), Vitamin B2: 0.71mg (41.98%), Potassium: 1394.02mg (39.83%), Magnesium: 98.79mg (24.7%), Vitamin B1: 0.36mg (24.19%), Copper: 0.46mg (22.86%), Vitamin K: 21.49µg (20.47%), Vitamin A: 966.32IU (19.33%), Vitamin B5: 1.28mg (12.76%), Fiber: 2.99g (11.96%), Calcium: 106.38mg (10.64%), Vitamin C: 7.62mg (9.24%), Folate: 34.72µg (8.68%), Vitamin E: 1.09mg (7.29%), Vitamin D: 0.31µg (2.1%)