



Bourbon Glazed Skirt Steak

Tired of the same old steak? Get your glaze on with Chef McCargo! Mix bourbon, dark brown sugar, Dijon mustard, butter, and spices to add mouth-watering flavor.

Serves 8 (1 serving = 3 oz)



Ingredients

Bourbon Glaze:

- ¼ cup diced shallots
- 3 tablespoons unsalted butter, chilled and cubed
- 1 cup bourbon
- ¼ cup dark brown sugar
- 2 tablespoons Dijon mustard
- 1 tablespoon black pepper

Nutrition Per Serving

Calories	409 cal
Total Fat	22 g
Saturated Fat	8 g
Trans Fat	1 g
Cholesterol	93 mg
Sodium	152 mg

Skirt Steak:

- 2 tablespoons grape seed oil
- ½ teaspoon dried oregano
- ½ teaspoon smoked paprika
- 1 teaspoon black pepper
- 1 tablespoon red wine vinegar
- 2 pounds skirt steak

Carbohydrates	8 g
Protein	24 g
Phosphorus	171 mg
Potassium	283 mg
Dietary Fiber	0.5 g
Calcium	22 mg

Recipe provided by Fresenius Kidney Care.

Directions

Bourbon Glaze:

1. In small saucepan on medium-high heat, brown shallots in 1 tablespoon butter.
2. Reduce heat to low, remove pan from stove, add bourbon and then place saucepan back on stove.
3. Cook for 10–15 minutes, or until reduced by about one third.
4. Add brown sugar, mustard, and black pepper and stir until bubbly.
5. Turn off heat and stir in the remaining 2 tablespoons of cold, cubed butter, stirring until mixed.

Skirt Steak:

1. Mix first 5 ingredients in gallon-size sealable storage bag, add steaks and shake well.
2. Allow steaks to marinate in bag at room temperature for 30–45 minutes.
3. Remove steaks from bag, grill for 15–20 minutes each side, then remove and let rest for 10 minutes.
4. Slice and serve with a drizzle of sauce; or leave whole and brush with glaze and put in preheated broiler for 4–6 minutes, or until desired look.

Optional Serving Suggestion: Bourbon Glazed Skirt Steak Sandwich - Serves 6 (1 serving = 4-inch sandwich)

Directions: Add sliced steak to a toasted baguette roll, then top with gorgonzola cheese, caramelized onions, and sautéed mushrooms for a great-tasting steak sandwich.