

# **Steak with Apple-Horseradish Relish**

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**Servings: 4**

**Preparation Time: 20 minutes**

**Start to Finish Time: 30 minutes**

**2 tablespoons prepared horseradish, drained**

**1 tablespoon apple cider vinegar**

**2 teaspoons apple cider vinegar (additional)**

**1 tablespoon fresh lemon juice**

**1 tablespoon maple syrup**

**salt and pepper**

**1 golden delicious apple**

**1 granny smith apple**

**2 12-ounce strip loin steaks, preferably dry-aged, 1 1/2-inch thick**

**1 tablespoon vegetable oil**

**1 tablespoon butter or margarine**

**2 sprigs fresh thyme**

Preheat oven to 450 degrees. Arrange the oven rack in the lowest position.

In a medium bowl, combine the horseradish, vinegar, lemon juice, syrup, 1/4 teaspoon of salt and 1/4 teaspoon of freshly ground black pepper.

Using the large holes of a box grater, grate the apples and discard the cores. Immediately stir the apples into the horseradish mixture. Set the apple relish aside.

Heat a 12-inch ovenproof skillet on high.

Pat the steaks dry with paper towels. Sprinkle with 1/2 teaspoon of salt and 1/2 teaspoon of fresh ground black pepper to season both sides.

Add oil to the pan and swirl to coat evenly. When the oil shimmers and is almost smoking, add the steaks.

Cook for 2 minutes. With tongs, lift each steak from the pan and put back down on the same side. Cook 1 minute longer. Turn steaks over. Transfer the pan to the lowest rack of the oven. Roast for 4 minutes.

Carefully add the butter and thyme to the skillet. Baste the steak with the melted butter. Roast 2 to 3 minutes longer for medium-rare, or until desired doneness.

Remove the pan from the oven and baste again. Transfer the steaks to a cutting board and let rest for 5 minutes.

Slice the steaks against the grain at an angle.

Spoon the steak juices on top and serve with the apple relish.

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Per Serving (excluding unknown items): 104 Calories; 6g Fat (53.0% calories from fat); trace Protein; 12g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.