

# Poached Apple NY Strip Steak

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-ny-strip-steak-recipe>

## Ingredients:

- 4 apples very firm, granny smith, mutsu, pink lady, honey crisp
- 750 milliliters wine bottle red zinfandel
- 1 cup orange juice
- 1/2 cup honey
- 3 cinnamon sticks
- 1 vanilla bean
- 1/2 teaspoon salt
- 4 new york strip steaks – 1 1/2 to 2 inch thick
- 1/4 cup ground coffee
- 2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper
- 1 vanilla bean
- 1 1/2 teaspoons salt
- 1 tablespoon butter
- 1 tablespoon olive oil
- 6 ounces baby arugula

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 2 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1230 milligrams
9. Sugar: 61 grams

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