

Blue Cheese Steak

- flank steak or skirt steak, at room temperature
- spices to taste (black pepper, kosher salt, garlic powder, paprika, cayenne pepper, parsley flakes), combined as a spice rub
- extra virgin olive oil
- 2 tablespoons butter per pound of steak, softened
- 1/4 cup blue cheese or blue cheese crumbles per pound of steak (be warned that blue cheese quality is related quite directly to price)
- 2 tablespoons chopped chives per pound of steak

Start heating the grill / barbecue.

Trim fat from the steak.

If the steak is going to be cooked to different amounts of doneness, cut it into different pieces. Cut against the grain of the steak.

Rub all of the meat with the spice rub.

Drizzle olive oil over steak, and rub in.

Start cooking. We use a Farberware grill – which cooks much slower than other grills. For us, rare is about 4 minutes per side, medium is about 10 minutes per side, and well done is about 14 minutes per side.

While steak is cooking, combine the butter, blue cheese crumbles and chives.

Slice each steak against the grain. Arrange and plate.

Scoop (with a teaspoon) the blue cheese butter over the steak.

Let stand about 5 minutes, while the steak sets and the blue cheese butter melts.

Serves: 1 per 1/2 pound of steak

Preparation time: 30 minutes

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