



# Recipes

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## **BEEF TENDERLOIN STEAKS WITH BLUE CHEESE CRUST**

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| 1 tbsp (15 mL) butter                    | 1/3 cup (75 mL) fresh bread crumbs   |
| 1/4 cup (50 mL) finely chopped red onion | 1 tbsp (15 mL) chopped fresh parsley |
| 3 cloves garlic, finely chopped          | 1/4 tsp (1 mL) freshly ground pepper |
| 1 can (10 oz/284 mL) beef broth          | 2 tbsp (25 mL) butter                |
| 3/4 cup (175 mL) dry red wine            | 6 thick beef tenderloin steaks       |
| 1/2 tsp (2 mL) thyme, crumbled           | Salt and freshly ground pepper       |
| 3/4 cup (175 mL) crumbled blue cheese    |                                      |

Melt 1 tbsp (15 mL) butter in a frypan over medium heat. Add onion and garlic; saute until onion is tender, about 2 minutes. Stir in broth, wine and thyme. Bring to a boil and boil until mixture is reduced to 1 cup (250 mL), about 20 minutes. Wine mixture may be prepared in advance and refrigerated for up to 24 hours. Combine cheese, bread crumbs, parsley and 1/4 tsp (1 mL) pepper; set aside. Melt 2 tbsp (25 mL) butter in a large heavy frypan over medium heat. Add steaks and cook to desired doneness, about 4 minutes per side for medium rare. Transfer steaks to a broiler pan. Gently press cheese mixture onto top of steaks. Broil steaks until cheese melts and is lightly browned, about 2 minutes. Meanwhile, to prepare sauce, pour wine mixture into frypan. Bring to a boil over medium heat, scraping to loosen browned bits. Boil mixture for 2 minutes. Season to taste with salt and pepper. Serve sauce with steak. Serves 6.

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