

Beef

Steak with Drunken Mushrooms, Caramelized Onions and Roasted Blue Cheese Potatoes

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Palm Beach Post

Servings: 2

20 fingerling potatoes, washed and halved
salt and freshly ground pepper
olive oil
2 ounces blue cheese, crumbled
2 red or sweet yellow onions, peeled and sliced
12 to 15 large button mushrooms, sliced
2 cloves garlic, minced
12 ounces dark beer (your favorite or whatever is on hand)
2 (2-inch-thick) steaks

Preheat the oven to 425 degrees.

Toss the potatoes with salt and olive oil. Spread on a baking sheet or metal pan.

Roast for 20 to 30 minutes.

Place the onion, a pinch of salt and a dash of oil in a medium-sized saute' pan over medium-high heat. Caramelize the onions and remove from the pan to a plate.

Add the mushrooms, garlic and a few teaspoons of oil. Stir until coated. Keep the mushrooms on medium-high heat for 5 minutes and then add half the beer.

Continue to stir the mushrooms occasionally until they have sunk below the level of the liquid in the pan. Add the onions back to the pan and the remaining beer. Continue stirring over medium heat until the sauce has reduced and thickened, about 6 to 10 minutes. You want it to form a gravy, but not a paste, so watch it carefully. Remove from the heat and set aside.

In a separate heavy-bottomed pan, such as a cast iron skillet, heat two tablespoons of oil over high heat. Add the steaks and season the exposed sides with salt and pepper. Cook for 4 1/2 minutes, then flip. Season again and cook for an additional 4 1/2 minutes. This produces a medium-rare steak. Remove from the pan and rest covered with foil on a cutting board.

Check the potatoes. If the tops are browned and the potatoes are tender, remove and sprinkle the blue cheese on top of each one. Place back in the oven and turn to broil. Continue cooking for an additional 5 minutes.

Reheat the mushrooms and onions. Plate them on top of the steak. Remove the potatoes from the oven. Serve and enjoy.

Per Serving (excluding unknown items): 474 Calories; 31g Fat (56.2% calories from fat); 32g Protein; 22g Carbohydrate; 6g Dietary Fiber; 90mg Cholesterol; 461mg Sodium. Exchanges: 3 1/2 Lean Meat; 4 1/2 Vegetable; 4 Fat.