

Grilled Steak and Blue Cheese

U.S. Blue and grilled beef are a perfect marriage of flavors.



INGREDIENTS

(Makes 4 Servings)

| | |
|-----------------------------------|-------------|
| Olive oil | 30ml |
| Fresh Herbs*, minced | 3g |
| Garlic, minced | 10g |
| Salt and pepper, mixed | 10g |
| Ribeye steaks, four, 375g ea. | 1.5kg |
| U.S. Blue Cheese, crumbled | 100g |

*Oregano, thyme and rosemary are a classic beef combination.

NUTRITIONAL CONTENT

Per 100g

| | |
|----------------------------|---------|
| Calories | 280kcal |
| Total Fat | 19g |
| Saturated Fat | 7g |
| Trans Fat | 0g |
| Cholesterol | 119mg |
| Total Carbohydrates | 0g |
| Dietary Fiber | 0g |
| Sugars | 0g |
| Protein | 25g |
| Calcium | 53mg |
| Magnesium | 22mg |
| Phosphorus | 207mg |
| Potassium | 317mg |
| Sodium | 250mg |
| Iron | 2mg |
| Vitamin A | 55IU |
| Vitamin C | 0mg |

PREPARATION

1. In a small bowl, mix olive oil, herbs, garlic, salt and pepper together to make a rub.
2. Lay steaks out on a pan and coat rub over all surfaces of the meat. Refrigerate for at least 30 minutes.
3. Pre-heat grill to high.
4. Sear steaks 2-3 minutes per side for medium-rare**.

5. Transfer to serving plate and top with blue cheese.
6. Tent with foil and let stand for 5 minutes before serving.

**Cook longer for desired doneness. Internal temperatures for steaks are: Rare 52°C (125°F), Med-Rare 55°-57°C (130°-135°F), Medium 57°-60°C (135°-140°F), Medium-Well 60°-66°C (140°-150°F), Well-Done 68°C (155°F).

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. Photo courtesy of Wisconsin Milk Marketing Board. ©2014 U.S. Dairy Export Council.