

Angelic Rib Eye with Blue Cheese and Roasted Red Potato and Broccoli

Serves: 1
Difficulty: Super Easy – No special equipment
Prep Time: 10 Minutes
Cook Time: ~ 40 Minutes

Ingredients

Italian Loaf of Bread (from [Valley View Bakery](#) - I eat this bread like dessert w/ local honey, fresh butter, homemade jam – YUM!)

Roasted Vegetables

Red Potatoes and Broccoli Crowns (from Tyson Farms and Orchards)

Avocado Oil

(I just discovered avocados & their healthy benefits and decided to try here – could use extra virgin olive oil instead)

Coarse Sea Salt and Fresh Ground Black Pepper

Optional: **Balsamic Vinegar**, I drizzled a little into the toss.

Angelic Rib Eye with Blue Cheese Mushrooms

1 Rib Eye Steak

(14 oz bone in \$17.00, this is 2 meals for me – Sounds pricey, I know. Harris Teeter steaks are just north of \$10-\$12 without being on sale, but I guarantee you have never felt a steak this fresh or tender ever. So at \$8.00 a meal for me, better than any restaurant in town and reasonably priced in this light. I'm sure the price is comparable to Mom's Organic and Whole Foods for something similar, but I know I will only be eating beef from Angelic Beef – it's that good and beef isn't an everyday meal for me. Don't let the price scare you away.

One further note on this, when he handed me a frozen piece of beef I am 100% positive he read the look of terror and trepidation on my face. I wasn't scared of price, but I was by frozen beef. After attending a class at [L'Academie de Cuisine](#) in Bethesda around 2002, I have never frozen another piece of raw beef. You lose all the tasty 'juice' when it defrosts. I accommodated as you will see below and realize they vacuum seal it, freeze it so fresh and bring it to us as practically as possible. Even as a single gal cooking for 1, I have a freezer and am pondering the [\\$200 family pack](#).)

Coarse Sea Salt and Fresh Ground Black Pepper

2 T butter

(I suggest [Natural by Nature](#), [Whole Foods](#), if you don't pick up fresh butter from the farmers market. May as well go all the way natural.)

Crimini Mushrooms (6-8 for a single serving based upon size and your taste)

¼ C half and half (or any sort of cream...no need to skimp on a little fat for a special meal is my motto)

1 T or so Balsamic Vinegar (could also use a red wine, but I believe the balsamic was perfect)

¼ C Crumbled Blue Cheese ([Whole Foods](#) – [Smokey Blue Cheese from Rogue Creamery](#))

A little extra **blue cheese** crumble for serving

(This became a surprising starring, key element. I couldn't find a small wrapped piece of my go to Maytag Blue Cheese, so I picked this up. It has just enough of a smokey hint, I promise, you will not miss the outdoor grill and will appreciate being inside– seriously it's that good.)

Directions

Take the steak out of the fridge to come up to room temperature, out of the package, pour any 'juice' into the pan and place the steak in the skillet as you prepare the vegetables. Why? To capture all the 'juice' in the skillet as it comes to room temperature. Now go prepare your veggies.

Vegetables

1. Preheat oven to 425 degrees.
2. Slice up the potatoes and broccoli, toss in olive oil, salt and pepper. Add a little balsamic vinegar if you like, I did.
3. Place the potatoes on a foil covered sheet pan and bake 20 minutes or so depending upon size of chunks and how brown you prefer. Add the broccoli to the pan during the last 10 minutes of cooking. 30 total minutes was perfect for me.



Steak

1. Rub the steak with a little of that fresh butter, salt and pepper. Don't overdo it, this steak needs very little. I knew the minute I started rubbing it that I was in for something special and was getting over my terror of frozen beef. Let it sit in the pan (no heat) until the 20 minute mark for the veggies and when you put the broccoli in with the potatoes.
2. Now, take the steak out of the pan and heat to a medium high heat without the steak in the pan. I promise you will not miss the grill and there is a benefit awaiting you for skillet cooking the steak.
3. Grill the steak to medium-rare, 3 minutes on each side. There should be a nice crust created from the sear of the hot pan, DO NOT touch the steak once you put it in the pan. 3 minutes, I promise the skillet will let go of the steak when it's ready. I suggest stainless or cast iron over a non-stick skillet. You will see some 'juice' surfacing at the 3 minute mark and now it's time to turn. 3 more minutes and not a second longer if you like your steak medium rare.

*This steak was about an inch thick, you may need to go a tad longer if a thicker cut.



Sauce

1. The steak and vegetables should be done about the same time. Remove both from the heat, putting the veggies in a bowl, cover with foil and plate the steak and cover with foil. Be sure to put on a plate to capture more 'juice' to pour back into the sauce.
2. Add remaining butter (1 T or so) to the skillet the steak was grilled, add a drizzle of balsamic vinegar to deglaze the pan (scrape up all the steak goodness off the pan, advantage of skillet grilling – great taste, easy clean up) and add the mushrooms. The pan may seem dry at first, patience do not add more liquid, the mushrooms will release some water and your pan will be shiny clean.
3. Add the cream, let it come to a bubble, add blue cheese stirring constantly. There should be enough salt and pepper from the steak, no need to add more and the cheese is salty. Add any 'juice' from the steak plate to the pan. If you like mushrooms, taste of beef and blue cheese like me, oh my, I could have drank this sauce through a straw it was so good and the key was the [Smokey Blue Cheese from Rogue Creamery](#). Wow! Just enough smoke to taste like the grill. Unbelievably great!

Serving

Serve by putting the sauce in a dipping bowl, you will find you don't need it, but it is so good, get a straw. Yum!

You really need so little to make these veggies and the steak melt in your mouth. These are truly the best veggies and steak I have ever had and I did not use my own sauce, OK, I did use the sauce with the veggies. Do not over power the steak or veggies with anything other than a little salt, pepper and quality butter, it will melt in your mouth and I'm now hooked on Angelic Beef!



Variations

- Steak on salad greens with a tiny bit of balsamic vinaigrette and blue cheese crumbles and walnuts
- Steak with grits – put your favorite greens in the grits and then I'd use the sauce – grits are good, a future post
- Steak with quinoa & wild rice with your favorite greens and the mushroom sauce

Enjoy! Share your comments and suggested twits on the recipe!!