



RECIPES
from The Cove Kitchen

Grilled Iron Steak with Blue Cheese Bread Pudding

Serves 4

GRILLED IRON STEAKS

Ingredients

4 (6 ounce) iron steak filets
Salt and pepper
2 tablespoons unsalted butter, melted

Directions

Season steak with salt and pepper. Grill for 3-5 minutes on each side over medium high heat. Remove from heat, brush with melted butter and let rest for 5 minutes.

BLUE CHEESE BREAD PUDDING

Ingredients

1 French baguette, diced into small cubes
½ stick of unsalted butter
1 shallot, finely chopped
4 garlic cloves, minced
2 cup beef stock
2 cups heavy cream
½ cup blue cheese crumbles
½ cup Parmesan cheese
¼ cup fresh parsley, chopped
Salt and pepper to taste

Directions

Preheat oven to 350 degrees.

Dice bread into small squares (crouton size) and place in a 9" x13" greased pan.

Bake bread for 10 minutes at 350 degrees.

Add blue cheese sauce (see directions below). Toss to coat bread well with sauce.
Bake for 25 minutes at 350 degrees.

For blue cheese sauce:

Melt butter in a sauce pan over medium heat. Add chopped shallot and minced garlic and saute one minute. Add beef stock and heavy cream, and bring to a boil. Add blue cheese crumbles and Parmesan cheese. Reduce heat for 2-3 more minutes until cheese is melted. Add chopped fresh parsley and season with salt and pepper to taste.

Serve and enjoy!

For other recipes, visit our blog at NotesFromTheCove.com

