

Beef Tips Cabrales

I love blue cheese and beef. Many others do too, otherwise fast food outlets would not be selling burgers with blue cheese.

I created this recipe to use up the bits of an entire beef tenderloin that couldn't be cut into filet mignon steaks. It was a simple matter of combining bite-sized bits of tenderloin with an even thicker version of my Cabrales blue cheese dressing and thinly sliced red onion. We use beef tenderloin, but you can use sirloin tips or any other cut of beef that you like to saute or grill.

1 cup	Cabrales Blue Cheese Dressing—see <i>Vegetables & Salads</i>
1/4 cup	Cabrales blue cheese, crumbled
1 lb	beef tenderloin (fillet), thinly sliced, cut into 1" pieces
1/2 tsp	black pepper freshly ground
3 Tbs	extra virgin olive oil
1 small	red onion, thinly sliced
1/2 Tbs	fresh parsley, chopped

Procedure

- Add the extra Cabrales to the dressing.
- Sprinkle the beef with the pepper.
- In a large sauté pan, with the heat on high, quickly cook the onions in the oil until just transparent.
- Add the beef and color on both sides. If you move fast enough the beef will come out medium rare.
- Dollop the dressing all over the top of the beef. Cover and heat for 1 minute.
- Garnish with the parsley. Serve immediately.

Yield: 4 portions