



Rib-Eye Steak with Blue Cheese Butter and Walla Walla Onion Rings

READY IN



720 min.

SERVINGS



4

CALORIES



884 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons processed cheese food blue crumbled room temperature (such as Maytag)
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup beer
- ☐ 1 cup cake flour
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 teaspoons parsley fresh italian chopped
- ☐ 4 servings vegetable oil; peanut oil preferred for deep-frying
- ☐ 1.5 teaspoons pepper black

- ☐ 2 pound beef rib steak thick (each)
- ☐ 3 tablespoons butter unsalted room temperature
- ☐ 2 tablespoons vodka
- ☐ 12 ounces onion sweet separated cut into 1/3-inch-thick rounds, into rings (such as Vidalia or Maui)

Equipment

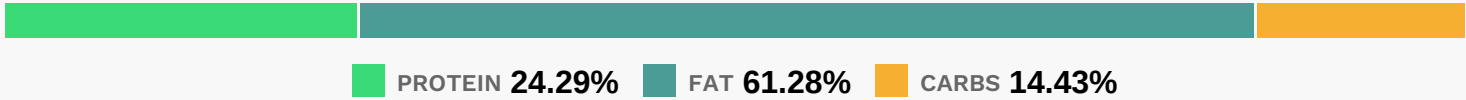
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ cutting board

Directions

- ☐ Sprinkle steaks on both sides withcoarse salt and freshly ground black pepper.
- ☐ Place on plate; cover and chill overnight.
- ☐ blue cheese butter
- ☐ Using fork, mixall ingredients in small bowl. Season withfreshly ground black pepper. DO AHEAD: Canbe made 1 day ahead. Cover; chill.
- ☐ Let standat room temperature 1 hour before using.
- ☐ Prepare barbecue (medium-high heat).Grill steaks to desired doneness, 4 to 5minutes per side for medium-rare.
- ☐ Transfersteaks to cutting board; let rest 5 minutes.
- ☐ Meanwhile, whisk flour, coarse salt, andbaking powder in medium bowl.
- ☐ Addbeer and vodka; whisk just until blended.
- ☐ Pour enough oil into heavy large pot toreach depth of 2 inches. Attach deep-frythermometer to side of pot; heat oil overmedium heat to 350°F. Working with 2 onionrings at a time, dip onion rings into batter;shake off excess. Gently drop onion ringsinto hot oil; fry until deep golden, adjustingheat to maintain temperature, 2 to 4 minutes.
- ☐ Transfer onion rings to paper towels. Repeatwith remaining batter and onion rings.

- ☐ Cut steaks in half across grain.
- ☐ Place 1steak half on each of 4 plates. Top with bluecheese butter and onion rings.
- ☐ Try a bold, smoky red.The Château du Cayrou 2005 Cahors (France, \$2
- ☐ would be perfect with the steak.

Nutrition Facts



Properties

Glycemic Index:76.38, Glycemic Load:15.37, Inflammation Score:-7, Nutrition Score:27.73739124381%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 883.99kcal (44.2%), Fat: 58.72g (90.34%), Saturated Fat: 24.11g (150.71%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 29.4g (10.69%), Sugar: 4.63g (5.14%), Cholesterol: 172.01mg (57.34%), Sodium: 630.44mg (27.41%), Alcohol: 3.66g (100%), Alcohol %: 1.11% (100%), Protein: 52.37g (104.74%), Selenium: 70.73µg (101.04%), Zinc: 12.31mg (82.07%), Vitamin B12: 3.95µg (65.92%), Vitamin B3: 11.7mg (58.51%), Vitamin B6: 1.05mg (52.46%), Phosphorus: 464.66mg (46.47%), Vitamin B2: 0.62mg (36.27%), Iron: 4.59mg (25.51%), Potassium: 775.76mg (22.16%), Manganese: 0.42mg (20.8%), Vitamin E: 2.68mg (17.87%), Vitamin B1: 0.26mg (17.62%), Calcium: 175.41mg (17.54%), Magnesium: 69.33mg (17.33%), Copper: 0.3mg (15.03%), Folate: 39.83µg (9.96%), Vitamin A: 409.95IU (8.2%), Fiber: 1.71g (6.83%), Vitamin K: 6.71µg (6.4%), Vitamin C: 4.13mg (5.01%), Vitamin D: 0.45µg (3.01%), Vitamin B5: 0.3mg (2.99%)