



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 lemon zest finely grated
- 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

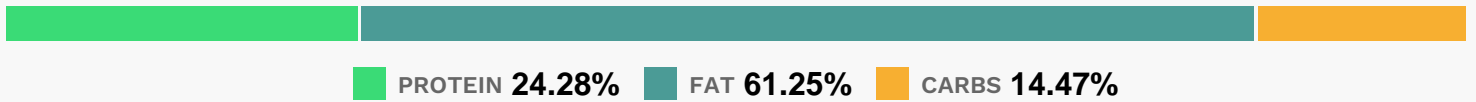
- bowl
- paper towels
- whisk
- pot
- grill
- cutting board

Directions

- Sprinkle steaks on both sides with coarse salt and freshly ground black pepper.
- Place on plate; cover and chill overnight.
- blue cheese butter
- Using fork, mix all ingredients in small bowl. Season with freshly ground black pepper. DO AHEAD: Can be made 1 day ahead. Cover; chill.
- Let stand at room temperature 1 hour before using.
- Prepare barbecue (medium-high heat). Grill steaks to desired doneness, 4 to 5 minutes per side for medium-rare.
- Transfer steaks to cutting board; let rest 5 minutes.
- Meanwhile, whisk flour, coarse salt, and baking powder in medium bowl.
- Add beer and vodka; whisk just until blended.
- Pour enough oil into heavy large pot to reach depth of 2 inches. Attach deep-fry thermometer to side of pot; heat oil over medium heat to 350°F. Working with 2 onion rings at a time, dip onion rings into batter; shake off excess. Gently drop onion rings into hot oil; fry until deep golden, adjusting heat to maintain temperature, 2 to 4 minutes.

- Transfer onion rings to paper towels. Repeat with remaining batter and onion rings.
- Cut steaks in half across grain.
- Place 1 steak half on each of 4 plates. Top with blue cheese 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: 27.823043273843%

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 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 Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 884.34kcal (44.22%), Fat: 58.72g (90.35%), Saturated Fat: 24.11g (150.72%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 29.44g (10.7%), Sugar: 4.66g (5.18%), Cholesterol: 172.01mg (57.34%), Sodium: 630.49mg (27.41%), Alcohol: 3.66g (100%), Alcohol %: 1.11% (100%), Protein: 52.38g (104.76%), Selenium: 70.74µg (101.05%), Zinc: 12.31mg (82.09%), Vitamin B12: 3.95µg (65.92%), Vitamin B3: 11.71mg (58.53%), Vitamin B6: 1.05mg (52.52%), Phosphorus: 464.75mg (46.47%), Vitamin B2: 0.62mg (36.31%), Iron: 4.6mg (25.54%), Potassium: 776.96mg (22.2%), Manganese: 0.42mg (20.8%), Vitamin E: 2.68mg (17.88%), Vitamin B1: 0.26mg (17.65%), Calcium: 176.41mg (17.64%), Magnesium: 69.45mg (17.36%), Copper: 0.3mg (15.07%), Folate: 39.93µg (9.98%), Vitamin A: 410.33IU (8.21%), Fiber: 1.79g (7.15%), Vitamin K: 6.71µg (6.4%), Vitamin C: 5.1mg (6.18%), Vitamin B5: 0.3mg (3.02%), Vitamin D: 0.45µg (3.01%)