



## T-Bone Steak with Blue Cheese Sauce

**Makes:** 2-4 depending on size of steak and sides

**Prep time:** 5 minutes

**Cook time:** 10 minutes

### Ingredients:

- 1 T-bone steak
- 250ml milk
- 2 tablespoons plain flour
- 25g butter
- 200g Stilton
- 1 handful chives, finely chopped

Recreate the vibe of a classic steak house at home with this super simple blue cheese sauce. It can be served alongside any steak but a T Bone is always a showstopper and has the benefit of offering two cuts: the sirloin and the fillet. You'll need to ask a butcher to cut this steak for you.

### Method:



**1.** Place the butter, flour and milk into a saucepan.



**2.** Turn the heat on to medium and whisk quickly, until the mixture combines and thickens - it's important to keep whisking to avoid any lumps.

**3.** Once the sauce is thickened, keep cooking and whisking for a couple of minutes to cook out any raw flour taste.



**4.** Crumble in most of the cheese, reserving some for garnish. Add the chives.

**5.** Cover the sauce well and set aside.

**Method Continued:**



**6.** Light two gas burners on the Jupiter Outback BBQ and set the heat to high. Close the lid and let the BBQ get very hot.

**7.** Trim any very thick pieces of fat from the steak and season very well with salt.

**8.** Once the grill is hot, place the steak on it and cook, flipping frequently to form a crust. Move the steak off the heat as necessary if it starts to flare up.

**9.** Cook for around 4 minutes each side for a medium rare steak. Exact cooking times will depend on the thickness of your steak.

**10.** Rest for at least 6 minutes before slicing and serving with the blue cheese sauce.

