

# Bleu Cheese Crusted Steak Bites with Caramelized Onions

*This recipe was provided by Sally Roeckell of [Table and Dish](#) and were originally published at [365Barrington.com](#).*

## Ingredients

### For the Marinade:

- 1/2 tsp. Kosher salt (course)
- 1 tsp. Parsley
- 1/2 tsp. Black Pepper
- 1/2 tsp. Onion Powder
- 1/2 tsp. Garlic Powder
- 2 tbsp. Worcestershire Sauce
- 1 tbsp. Olive Oil

### For the Steak Bites:

- 1-1.5 lb. Tenderloin, cut into bite-sized pieces
- Kosher salt for cooking
- 8 oz. Bleu cheese

### For the Caramelized Onions:

- 4 large Sweet Onions, sliced
- 2 tbsp. Butter
- 1 tbsp. Olive Oil

## Method

### Marinade:

1. In a bowl, add cubed steak bites, salt, parsley, black pepper, onion powder, garlic powder, Worcestershire sauce and olive oil. Mix to cover steak and cover with plastic wrap.
2. Marinate for up to one hour. See note below.

### Caramelized Onions:

1. Slice 4 sweet onions and set aside.
2. Add butter and olive oil to a heavy bottom skillet and add sliced onions.
3. Allow the onions to cook on high for about 3-4 minutes before reducing the heat to medium.
4. Stir the onions about every 5 minutes until completely caramelized. This can take a while (30-40 minutes), but it's so very worth the wait.

### Steak Bites:

1. Into a very hot cast iron pan, add a teaspoon of kosher salt. No oil or liquid.



2. Add marinated steak bites to pan and cook for 3 minutes on each side or until crust forms. Do not move them around the pan. Simply let them sear. Once both sides have been seared, toss them around the pan for a minute to cook all sides. (The time depends on the size of your bites.)
3. Once done, remove from heat and add the next batch. Do not crowd your pan or the meat will steam, not brown. You want that nice sear on both sides. We like our steak rare, so adjust your time for desired doneness. It will go under the broiler for just a minute once you have added the toppings.

## Optional Alternate Cooking Method

### Broiler Method:

1. Add bite-sized pieces of steak to a baking sheet.
2. Place broiler on high and cook bites 1-2 minutes on each side, depending on your desired temperature. Turn and continue cooking. This method cooks them pretty quickly, so make sure you stay with them.
3. Once cooked to your preferred temperature, remove from oven.

### Assembly

1. Place all steak bites on a cooking sheet.
2. Add a tablespoon of the caramelized onions on to the top of the steak bites.
3. Add about a teaspoon or so of the bleu cheese.
4. Place under broiler just long enough to slightly melt the cheese.
5. Remove from the cooking sheet onto a serving platter. Add a cocktail pick to each bite.
6. Serve immediately. Enjoy!

**Note:** I learned some time ago from an Alton Brown Good Eats episode that the marination process breaks down the fibers of meat causing tenderization. (He used pool noodles to show a large scale sample of the fibers and show you why you cut flank steak across the grain, not with the grain. YES! I'm a food science geek!) Anyway, in the first hour, this tenderization happens then beyond an hour, the fibers begin to tighten. At this point, beyond an hour, the meat needs to marinate a full 24 hours for the break down to occur again. **The takeaway is:** that you should marinate for less than an hour (20 minutes actually works great) or more than 24 hours. I have no idea if this is true scientifically, but I have always followed it and have never ever had tough meat.