



Blackened Steak

with a Cabernet Blue Cheese Sauce

Serves 2

2 Fresh Market TFM Steaks

Awake-A-Steak® seasoning – to taste

1 tablespoon Fresh Market® olive oil

3 tablespoons crumbled blue cheese

¼ cup Cabernet Sauvignon

1. Heat a large skillet over med-high heat for two minutes. In the mean time, rub all sides of the steaks with the olive oil, and season to taste with the Awake-A-Steak seasoning. Add a few drops of oil to the hot skillet, and swirl to coat. Add the steak to the skillet, and sear for one minute per side. Turn heat to med-low, and continue to cook the steak (turning every minute), until desired doneness.
2. Turn the burner back to med-high, remove the pan from the heat, and add the wine and blue cheese. Wait until wine has finished steaming, and place pan back on the burner. Simmer until blue cheese melts and liquid evaporates, turning a few more times to coat well. Remove the steaks from the pan, and

LET REST FOR 5 minutes before serving.



This recipe is available on streaming video (October recipe) on
www.TheFreshMarket.com

