

Chef from the Hood Recipes

**Chef:**

Culinary Director Dan Berman

Restaurant:

All 3 Pacific Markets

Recipe:

Eel River Chateaubriand with Caramelized Onions
& Pt. Reyes Original Blue Cheese



For a steak with serious sizzle, nothing beats a chateaubriand from Eel River Organic Beef. Eel River cattle graze on approximately 5,000 acres of certified organic grassland in the beautiful Eel River Valley. With plenty of open space, fresh air, and clean water, the beef from this ranch is exceptional. Rancher Clint Victorine is proud of Eel River's certification with USDA, NOP and CCOF (California Certified Organic Farmers). He says, "Everything our cattle eats is certified organic. Our beef cattle are completely free of steroids, antibiotics, hormones, and are never fed any genetically-modified foods or animal proteins. We are a family-owned ranch. People are surprised that we offer our organic beef at competitive prices. I know you will taste the difference!"

Eel River Chateaubriand with Caramelized Onions & Pt. Reyes Original Blue Cheese!

Ingredients:

- 1 chateaubriand steak (Eel River Organic)
- seasoned salt to taste (Morton & Bassett)
- (I used Kosher salt adding my own spices)
- cracked black pepper to taste (Morton & Bassett)
- 1/4 cup extra virgin olive oil (Asti)
- 1/4 cup Balsamic vinegar (Monari)
- 1 tablespoon Dijon mustard (Maille)
- 2 teaspoons dried rosemary (Morton & Bassett)
- 1 tablespoon butter (Clover)
- 2 medium to large onions, peeled & sliced 1/4
- 1 teaspoon white sugar (C & H)
- 4 ounces blue cheese, divided into fourths
- (Pt. Reyes Original Blue comes in a 6 ounce wedge)

To prepare:

1. Season steak with seasoned salt and black pepper and arrange in a single layer in a large baking dish. In a bowl, whisk together olive oil, balsamic vinegar, mustard and rosemary. Pour mixture over steak, turn to coat. Marinate up to 30 minutes.
2. While marinating meat, melt butter in a skillet over medium heat. Add onion slices, cooking until soft. Stir in sugar. Continue cooking until onions caramelize. Set aside.
3. Preheat grill, high heat on one side; medium on the other side.
4. Lightly oil grill grate. Place steak on hot side of grill. Cook for 10 minutes, turning once. When steak is almost done, move to cooler side of grill. Top with caramelized onions, then blue cheese. Close lid, and continue cooking until cheese is melted.

Serving suggestions:

Pick up a salad, stuffed potatoes, bread and a bottle of Pacific Palate Paradiso to top off your meal.