

Buffalo Groves, Inc ~ 100% Grassfed Buffalo Meat

130 Years, 130 Dishes, Recipe Contest

Marlene Groves, Kiowa, CO

Buffalo Groves Blue Cheese Filet

Ingredients:

- 2 pkgs of Buffalo Groves 100% Grassfed Filets
- 4 good slices of a Red Onion
- ½ cup of crumbled Blue Cheese
(Colorado Goat Cheese is nice!)
- 2-3 tablespoons of Italian type salad dressing
- A splash of Olive Oil (for your skillet)

Preparation:

Put the buffalo filets (thawed) in a dish, and splash on a few tablespoons of your favorite Italian salad dressing; marinate for 30 minutes. Put a splash of Olive oil in your skillet and get it good and HOT! First place in the slices of red onion, then put a filet on top of

Each onion slice. Cover and cook for about 6 minutes each side (keep them on the onion slices). Your steak temperature goal is about 140 degrees; then let rest a few minutes. Put cooked filets on a plate and crumble on 2-3 tbs of blue cheese (Colorado Goat Cheese is nice!). Serve with a tossed green salad with more blue cheese.



Special thanks to Colorado Chef Robert Meitzer (a past Colorado Chef of the Year), for creating this recipe for us!

Servings: 4, 8 oz steaks

Suggested Colorado Wine: Reserve Merlot, Colorado Cellars Winery
