



## Beef Medallions with a Blue Stilton® Sauce

### Ingredients:

- 4 pieces of sirloin /fillet steak (approx 125g per slice)
- 4 tbsps olive oil

#### For the Sauce:

- 25g butter
- 25g plain flour
- 250ml milk
- 70g Blue Stilton®, crumbled Seasoning

Serves 4



### Method

- 1) Melt the butter in a saucepan, remove from the heat and stir in the flour. Return to the heat and cook for 1-2mins.
- 2) Remove the pan from the heat and gradually stir in the milk.
- 3) Return to the heat and bring to the boil, stirring all the time to prevent the sauce from becoming lumpy. Simmer for 3-4 minutes.
- 4) Add the crumbled Blue Stilton® stirring all the time until the stilton has melted into the sauce.
- 5) Continue to simmer for a further 5 minutes.

Season as required.

- 6) Heat the olive oil in a frying or griddle pan and add the steaks. Cook the steaks for 4-5 minutes each side for a medium cooked steak – cooking time will vary.
- 7) Place the cooked steak onto a dinner plate and spoon the stilton sauce over the steak.

**Serve with a selection of freshly cooked vegetables.**