

## Ingredients

### 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

### Steak bites

1-1.5lb Tenderloin cut into bite sized pieces.  
Kosher salt for cooking.  
8 oz Blue Cheese

### Caramelized Onions

4 large Sweet Onions Sliced  
2 tbsp Butter  
1 tbsp Olive Oil

## Method

### Marinade

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. Marinate for up to one hour. See note.

### Caramelized Onions

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

### Steak Bites

Into a very hot cast iron pan add a teaspoon of kosher salt. No oil or liquid.  
Add marinated steak bites to pan and cook 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 THEN toss around the pan for just a minute to cook all sides. The time depends on the size of your bites.  
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, adjust your time for your desired doneness. It will go under the broiler for just a minute once you have added the toppings.

Optional alternate cooking method:  
Broiler method

Add the bitesized pieces of steak to a baking sheet.

Place broiler on high and cook steak 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.

Once cooked to your preferred temperature remove from oven.

#### Assembly

Place all steak bits on a cooking sheet.

Add a tablespoon of the caramelized onions onto the top of the steak bites.

Add about a teaspoon or so of the Blue Cheese.

Place under the broiler just long enough to slightly melt the blue cheese.

Remove from the cooking sheet onto a serving platter. Add a cocktail pick to each bite.

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 the meat causing tenderization. (He used pool noodles to show a large scale sample of the fibers and show 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. So the take away is marinate for less than an hour (20 minutes usually works great, or more than 24 hours. I have no idea if this is true scientifically but I have always followed it and I have never ever had tough meat.