**Beef au Bleu (Serves 4)**

1 2-pound (900 grams) sirloin steak, about 2 inches (5 mm) thick

Salt and pepper

A little olive oil

1/2 pound (250 grams) blue cheese

1/2 cup (25 ml) cream

Move the oven rack to the top rungs, and heat the oven to broil for a good 10 minutes. Season the steaks on both sides with salt and pepper and rub all over with a little olive oil. Set the meat in a cast iron pan and broil 4 to 6 minutes per side, or until done to your liking. Remove to a carving board, cover with foil and let rest 10 minutes.

Meanwhile, crumble the cheese into a saucepan, pour over the cream, and gently heat to melt. Carve the meat and arrange on a serving platter. Pour over the juices (if you feel there is too much, you can reduce them first.) Spoon over a little of the sauce and pour the rest into a sauce jug for passing around the table. Serve with endives and oranges or on a bed of watercress.