

# Grilled Flat Iron Steak with Blueberry Butter

2 to 3 lb whole flat iron steak  
salt and pepper to taste  
2 Tbsp. olive oil  
2 Tbsp. white wine  
1 Tbsp. lemon juice  
1 cup frozen or fresh LOCAL blueberries  
½ pound cold butter, cubed

Season steak with salt and pepper, drizzle with olive oil on both sides and grill for 10-12 min on each side or until internal temperature reaches 140 F. Let rest 5 min, then slice on a bias. Meanwhile, in a small pot combine white wine, lemon juice and blueberries. Cook over medium high heat until reduced by half. Reduce heat to low. Add butter and whisk rapidly until well combined and sauce has a glossy appearance. Take off heat immediately and place in a warm place to hold until steak is ready. Spoon over steak and serve immediately.

Tip: Blueberry butter sauce should have the consistency of 35% cream. Do not let it get cold at room temperature or too hot, or the sauce will split.

Yield: 6 servings

