

T-BONE STEAK WITH GARLIC AND ROSEMARY VINAIGRETTE MARINADE



Serves 2

This is the ideal recipe to impress friends at your next braai! Go to your local organic and hormone-free butchery (this dish is all about the beef, so the quality of your meat is a big factor!) and ask them to cut you a 1kg T-Bone (this will easily serve 2 hungry people).

Prep Time 45 min

Cook Time 20 min

INGREDIENTS:

1kg T-Bone Steak

MARINADE:

150ml Extra Virgin Olive Oil

60ml Red Wine Vinegar

60ml Soy Sauce

2 Tbsp Maldon Salt Flakes

2 Tbsp Freshly Chopped Garlic

1 Tbsp Freshly Ground Black Pepper

75g Fresh Rosemary (2 big handfuls)

MARINADE:

1. Combine Olive Oil, Vinegar, Soy Sauce, Salt, Pepper and Garlic and whisk into a vinaigrette.

2. Bruise the rosemary and rip into pieces, mix into vinaigrette.

3. Place T-Bone and marinade into a large Ziploc bag, seal with air expelled and marinate for at least 40 minutes, turning

half way.

GRILL:

- 1.Heat grill/braai to smoking hot.
- 2.Place T-Bone fat side down and allow the fat to render for a few minutes.
- 3.Then braai to desired done-ness.
- 4.Because the steak is so thick and bone in, this is very difficult to overcook (which is great!).
- 5.Bank on at least 8-10 minutes per side for medium-rare, but use a meat thermometer or feel to determine this exactly.
- 6.Remove from grill and rest for at least half the cooking time.
- 7.Carve off the bone in thin slices and serve.

GREAT TIPS:

- 1.The longer you marinade the better, go overnight if you can!

SERVE WITH:

I love doing roasted butternut and basil on the side and of course a good glug of red wine, but this goes equally well with a delicious buttery mash or simply a salad.