



**Forum: International Dishes**

**Topic: recipes to share**

**Subject: Re: recipes to share**

Posted by: Annie

Posted on: 2007/5/31 5:28:13

This one is for the steak lovers.

The best meat to use is Rib Eye, Fillet, Rump, as they cook quite quickly and are tender cuts of meat.

I like to place some olive oil with garlic steak, and steak seasoning mixed together in the fry pan if cooking indoors, and place oil mixture on a plate and place meat on plate and cover meat with oil mixture if cooking on the barbecue.

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1. Grind peppercorns and mustard seeds in a mortar or pepper grinder. Press onto both sides of steaks. Seal steaks on a well heated barbecue or lightly oiled griddle pan 2-3 minutes each side.
2. For rare, remove at this stage (juices will settle on meat surface). For medium reduce heat or move to cooler section of barbecue and cook a further 2-3 minutes each side, or, for well done, cook a further 4-6 minutes each side.
3. Meanwhile, rub the inside of a mixing bowl with a surface of cut garlic. Use this bowl to whisk together oil, lemon juice, wine vinegar and egg. Toss dressing through lettuce. Sprinkle with shavings of parmesan cheese and croutons.
4. Serve steak with salad.

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