



Grilling Steak

Recipe by Chef Dale Sniffen

chefdale.com/spiceshop

Meat and Chicken blend



Pre temper the steak meat out of the fridge to 15c to 20C

Dry meat with kitchen paper

Bevel the steaks outer fat by 45 degrees

Season meat with 1 tbsp **Meat & Chicken blend**

Brush steak with a drop of olive oil

Pre heat grill plate to 180C

Pre heat open fire char cooker on 3/4 flame for 5 minutes

DON'T OIL the hot plate or Flame char cooker!!!

Method

Place prepared steak on hot grill or open char cooker, allow enough time to let the juices rise before you make the first turn, you can turn the steak over as many times as you like but only if you see the juices rise. Cook to your liking!!! Judge the steak by the colour of the juice. (rare red) (med rare pink) (med well light pink) (well done clear juices)

Rest cooked steak on cake cooling rack thats sitting on the right side of the grill. Rest for 10 minutes, slice then serve....Preparation