



CHAR-GRILLING

RESTING

TENTING

SLICING

CHARGRILLED RIBEYE STEAK

Rib eye steak char-grilled and served with Amasi dressing, a fresh chakalaka salad and beer bread

Yield: 4 servings // Prep time: 15 min // Cooking time: 15 min // Total time: 30 minutes

BEEF

- 2 large (500g +) Ribeye steaks
- 1 cup Amasi
- 1 tablespoon Olive oil
- 2 cloves Garlic, peeled and smashed
- 2 sprigs Fresh thyme, bruised
- 1 teaspoon Lemon juice
- ½ teaspoon Salt
- ¼ teaspoon Freshly ground pepper



METHOD

PREPARE THE STEAK:

1. Remove the steak from the fridge 30 minutes prior to cooking and bring to room temperature.
2. Prepare the charcoal grill to high heat using sufficient wood to prepare a hot fire. If using a gas grill, brush the barbeque grills with oil then heat on high heat until the grill is really hot when there are wisps of smoke appearing.
3. Season the steaks liberally with salt and pepper. Place the steaks on the grill. For 3,5 – 4 cm steaks cook the first side for 4-5 minutes until well browned and slightly charred, turn and cook the other side for 3-5 minutes, continue cooking until the internal temperature is (medium rare 52°C) or to your liking.
4. Remove from the grill and place on a wooden board, cover loosely with foil and set aside for 5 minutes to rest, so the juices can redistribute throughout the meat. Slice the meat on the wooden board as a sharing platter.
5. Serve with the Amasi dressing, a fresh chakalaka salad and homemade beer bread and garlic and herb butter.

PREPARE THE DRESSING:

1. Place the Amasi, olive oil, garlic, thyme, lemon juice, salt and pepper together in a bowl and blend, leave in the refrigerator for the flavour to develop whilst preparing the steak.