



# GRILLED T-BONE

INSPIRED BY: KHOMOTSO

Yield: 2-4 servings // Prep time: 25 mins excluding (overnight drying out of steak)  
Cooking time: 25 mins // Total time: 50 minutes

# BEEF

- 1 (500g – 1000g) Thick-cut T-Bone steak
- 1 tablespoon Steak rub (see recipe)
- 1 tablespoon Olive oil
- 1 tablespoon Butter

## DRY RUB

- 2 tablespoons Freshly ground black pepper
- 1 tablespoon Smoked paprika
- 2 tablespoons Kosher salt
- 1 tablespoon Garlic powder
- 1 tablespoon Onion powder
- 2 teaspoons Dried oregano

T-bone, with the steak parts still on the bone. Served with a delicious rub, gives me the sense of connection with that savoury beef taste.



# METHOD

1. Generously season steak all over with salt and pepper or use the seasoned dry rub. Set steak on a wire rack on a baking sheet, refrigerate, uncovered, overnight to dry out the exterior.
2. The steak can be prepared in the oven or on the grill. The reverse seared method is used for thick cut steaks.
3. If cooking in the Oven: Preheat oven to anywhere between 93 and 135° C. Place steak(s) in the oven and cook until an instant-read thermometer registers 41° C for rare, 46° C for medium-rare, 52° C for medium, 57° C for medium-well. This will take about 20 minutes for rare steak and up to about 40 minutes for medium-well; cooking time can vary, so check often.
4. Preparing the steak on the grill: Set half the burners of a gas grill to high heat. Set cooking grate in place, cover grill, and allow to preheat for 5 minutes.
5. Set steak on cooler side of grill and let cook uncovered, turning occasionally, until an instant-read thermometer registers 41°C for rare, 46°C for medium-rare, 52° C for medium, or 57° C for medium-well. Cooking time can vary greatly, so check the steaks often.
6. Transfer steak to a platter and tent with foil. If using a gas grill, make sure all burners are turned to their highest heat and allow the grill to preheat with the lid closed.
7. Return steak to the hottest part of the grill and cook, turning frequently, until crisp and charred all over, about 1 1/2 minutes total. Serve right away, the steak can be cut horizontally across both sides of the bone for easy service and interesting presentation. Serve with creamy mashed potatoes and steamed green vegetables or a salad.