

T-Bone Steak with A Herb & Spice Marinade, Carrot Puree



Ingredients

- 4 King Island Trading T-bone steaks

For the Marinade

- 4 cloves of garlic, roughly chopped
- 1 Tbs of ginger, roughly chopped
- 2 long red chillies, split, de-seeded & roughly chopped
- 4 Tbs of Italian flat leaf parsley leaves
- 2 Tbs of fresh thyme, finely chopped
- ½ tsp of coriander seeds, roasted & ground
- ½ tsp of fennel seeds, roasted & finely ground
- ¼ tsp of white peppercorns, ground
- ½ a cup of extra virgin olive oil

For carrot puree

- 450g of carrots, peeled & roughly chopped
- 1 Tbs of unsalted butter, melted
- Sea salt & freshly ground white pepper, to taste

Method

1. To make the marinade, pound the garlic & ginger together in a mortar & pestle to a rough paste. Add the chillies, parsley & thyme & pound a little further.
2. Finally, mix in the spices & extra virgin olive oil.
3. Marinate the steaks liberally for one hour.
4. Cook the carrots in boiling water until tender. Drain them well.
5. Place the carrots, butter, salt & pepper in a food processor & process until the carrots are pureed but still have a slightly coarse texture. Adjust the seasoning to your taste.
6. Heat the grill plate on the BBQ & cook the steaks to your liking. Rest them well once cooked.

To Serve

- Serve with carrot puree & a fresh green salad.

Recipe brought to you by Peninsula Bulk Meats