



T-BONE STEAK WITH BLUE CHEESE BUTTER

When throwing a delicious T-bone on the BBQ, start cooking with lower heat until it's nearly done to your liking then finish it over high heat for a delicious seared crust.



NORMAL



35 MINS



11 MINS



4 SERVES

Ingredients

- 4 T-bone steaks
- 50 g soft blue cheese
- 50 g butter, softened
- 2 shallots, finely chopped

Instructions

1. At least 30 minutes before cooking, remove the steaks from the fridge and bring to room temperature (doing this ensures a more even cook).
2. Combine blue cheese, butter and shallots in a small bowl and mix well.
3. Preheat the BBQ to medium low.
4. Lightly oil the steaks and season generously with sea salt and cracked pepper, including the edges.
5. Arrange steaks on the cooler side of the grill with tenderloins (the smaller medallions of meat) positioned farthest from the coals.
6. Cook 6 minutes, or until a golden crust forms, (but always keeping tenderloin farthest from the coals). Turn and cook for another 5 minutes.
7. Increase the heat to high.
8. Using tongs, hold steaks on their edges to sear the sides.
9. Spread the buttery mix across the hot steaks and serve immediately.

Top Tips:

Optional: If blue cheese isn't your thing, follow the directions but simply leave your meat bare except for the salt and pepper. If you start with good meat, sourced from Aussie farms at IGA, you will never go wrong.

The challenge with a T-bone is that it has 2 distinct pieces of meat on it, the leaner tenderloin and the fatter strip, and both cook at different rates. When throwing a delicious T-bone on the BBQ, start cooking with lower heat until it's nearly done to your liking (making sure to position the tenderloin farthest from the heat), then finish it over high heat for a delicious seared crust.