



ROYAL QUEENSLAND SHOW



**THICK CUT QUEENSLANDER T-BONE STEAK SLICED OFF THE BONE
WITH MIXED LEAF SALAD & BAKED POTATO WITH BACON**

FRANK CORRENTI
EXECUTIVE CHEF NORMAN HOTEL



90 mins



4 Portions

This thick cut Queenslander T-Bone is a popular cut showcasing the best of both worlds with the element of the sirloin and tenderloin separated by the bone in the one piece of meat. This featured cut is pasture raised bringing out the earthy, beefy flavour and is served up with a mixed leaf and bruschetta salad plus the classic baked potato with bacon.



Ingredients

- 4 thick cut (1 ½ inch or 600gm) Queenslander T-Bone steaks (room temperature)
- Sea Salt
- Ground Pepper
- Hot English Mustard, for serving
- Lemon Cheek, for serving

Sides

- 500gm Mixed Leaf Salad

Bruschetta Mix

- 3 Tomato, large
- ½ Red Onion
- ½ cup Basil, finely chopped
- ½ cup Flat Leaf Parsley, finely chopped
- 200ml Olive Oil
- Sea Salt, to taste
- Black Cracked Pepper, to taste

Baked Potato

- 4 Potatoes, baked whole
- 200gm Diced Bacon
- 50gm Diced Brown Onion
- 100ml Beef Stock

METHOD

1. Steak preparation

Bring **steak** to room temperature before cooking, this can take 10 to 25 minutes

Season your steak liberally with a good quality **sea salt** and **ground pepper** 5 minutes prior to cooking.

TIP: Seasoning your steak too early will cause the salt to draw the internal moisture to the surface, resulting in a dry steak.

2. Sides preparation

Dice the **tomatoes** and **red onion**, mix with finely chopped **basil** and **parsley**. Add **olive oil** and season to taste with **salt** and **pepper**.

Bake **potatoes** in preheated oven at 160deg for 60 minutes. **Potatoes** are ready when a small knife or skewer can easily be pierced through potato.

For the **bacon** topping, fry the diced **onion** in heavy based pan then add diced **bacon**. Cook well and add the **beef stock** to deglaze** pan.

TIP: Deglazing is simply the act of adding liquid to a hot pan, which allows all of the caramelized bits stuck to the bottom to release. You can use just about any liquid to deglaze a pan and get up all that deliciousness.

3. Cooking Surface Preparation

Whether you are using a BBQ grill, flat plate, or a heavy cast iron pan, preheat the cooking surface for at least 15 minutes prior to cooking.

TIP: If the plate is not hot enough, the **steak** tends to boil or stew, resulting in a poor eating experience.

4. Grill Time

Place your **steak** on the preheated cooking surface, leave **steak** to cook on the first side until you can easily lift without sticking. This will eliminate “ripping” the meat. Repeat this process for the second side.

Once sealed, do not be afraid of turning your **steak** as many times as you feel it needs to create an evenly cooked steak on both sides.

Cooking times are dependent on your required doneness, **steak** thickness and cut.

TIP: We disagree with the general rule of waiting until the blood rises to the top as this may cause the **steak** to lose the necessary juices, to ensure your **steak** is succulent, full flavoured and tender.

TIP: Remember to remove your **steak** 2-3 minutes before it is ready to allow the **steak** to rest. The steak will continue to cook through the resting process and will draw any juices back into the meat and allow the **steak** to relax resulting in a more tender and enjoyable eating experience.