

Steak & Herby Butters



Feeds: 2
Time to cook: See table overleaf

Take...

Lean beef, lamb or pork grilling/frying steaks*

Oil

Butter

Fresh thyme and lime zest **OR** black peppercorns and fresh flat leaf parsley **OR** chilli purée and fresh basil

Make...

- 1 Fry **2 lean beef, lamb or pork grilling/frying steaks*** in **15ml (1tbsp) oil** (see table overleaf).
- 2 Meanwhile prepare the butter. Mix together **25g (1oz) softened butter**, with either:
5ml (1tsp) fresh thyme, chopped and **grated zest of 1 lime** **OR**
2.5ml (½tsp) black peppercorns, crushed and **5ml (1tsp) flat leaf parsley**, chopped **OR**
2.5ml (½tsp) chilli purée and **15ml (1tbsp) fresh basil**, chopped.
- 3 Place a spoonful of the butter onto each cooked steak and allow to melt.

Eat...

Serve the steaks with thinly cut strips of roasted parsnips and potatoes, and steamed or griddled vegetables.

*Suitable cuts: Beef - sirloin, rump, fillet, topside, medallions, rib eye and T-Bone steaks. Lamb - leg, chump steaks or chops. Pork - loin, leg, shoulder steaks or chops

Steak & Herby Butters cont...

COOKING CUTS AND TIMES CHART

- 1 Always preheat the grill
- 2 Timings below are for **each side**
- 3 Remember, the timings relate to the thickness of the meat

BEEF STEAKS		Time each side
Sirloin, rump, rib-eye, topside	2cm ($\frac{3}{4}$ ")	2½ minutes (Rare) 4 minutes (Medium) 6 minutes (Well Done)
Fillet, T-Bone, medallions	2-3cm($\frac{3}{4}$ -1¼")	3-4 minutes (Rare) 5-6 minutes (Medium) 7-8 minutes (Well Done)
LAMB STEAKS/CHOPS		Time each side
Leg, chump steak	1-2cm ($\frac{1}{2}$ - $\frac{3}{4}$ ")	4-6 minutes
Chops and cutlets	2cm ($\frac{3}{4}$ ") 2cm+ ($\frac{3}{4}$ " +)	4-6 minutes 6-8 minutes
PORK STEAKS/CHOPS		Time each side
Loin, leg, shoulder steaks	1-2cm ($\frac{1}{2}$ - $\frac{3}{4}$ ")	6-8 minutes
Chops	2-3cm($\frac{3}{4}$ - 1¼")	8-10 minutes