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Najobe T-bone with Salsa

Najobe Park Beef

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Order your Najobe Park Tender Young Red Angus T-bones to be cut 50mm thick! This isn't a problem as you can request say 6 T-bones cut 50mm and the rest 20mm.

Make either of the 2 Salsas to accompany this dish. Both go well.

Beef

Ingredients

1 x 1kg T-bone
Cooking oil
Salt

Method

On a very hot BBQ plate cook the T-bone for 8 or 9 minutes rotating it frequently. Rest it for 15 minutes.

Oil and salt the steak, cooking for a further 5 minutes per side.

Remove from the BBQ and cut the porterhouse (large side) and the fillet (small side) from the bone. Slice into strips about 1 cm thick. Replace the steak pieces against the bone from where they came.

Spoon on the Salsa and serve for both to share.

Salsa Erbe

Ingredients

½ cup of sage
¼ cup of parsley
½ cup of mint
½ cup of marjoram
large sprig of rosemary
1 small red chilli
3 cloves of garlic
1 cup extra virgin olive oil

Method

Dice and mix all of the Salsa ingredients.

Spoon the Salsa Erbe over the meat, or serve to the side

Salsa Chimichurri

For best results prepare at least 2 or 3 days ahead of time.

Ingredients

1/2 cup olive oil
1/4 cup red wine vinegar
1/4 cup water
1 small bunch flat leaf-parsley; chopped (should equal about 1/2 cup)
1 medium onion, finely chopped
4 cloves garlic, finely minced
1/2 of a capsicum, seeded and finely diced
1 tomato, finely chopped
1 tablespoon oregano
1 tablespoon paprika
1 teaspoon bay leaf (laurel), very small flakes
1 tablespoon coarse salt
1 teaspoon ground black pepper
hot chilli flakes to taste ("Aji Molido" if you can find it from Argentina)

Method

Place all of the ingredients except the oil, vinegar and water, into a large bowl and toss well to make sure that the salt is spread evenly around the ingredients. Allow to rest for 30 minutes.

Add the vinegar and water. Mix well. Allow to rest for 30 minutes.

Add the oil and mix well. Make sure that the liquids cover the rest of the ingredients. If not, add equal parts of oil, water, and vinegar until they are covered at least by a quarter of an inch. Transfer to a non-reactive clean bowl or jar that can be covered. Make sure to cover well. Place in the refrigerator to allow the flavours to blend overnight.

Spoon the Chimichurri over the meat, or serve to the side.

Suggested wine to accompany these dishes

Bleasdale's Frank Potts is an excellent accompaniment or especially their Generations Shiraz for that special occasion.