

Gundooee Organics

Premium, Certified Organic Wagyu

HOW TO COOK THE PERFECT STEAK: Oyster-blade on the BBQ

1. If you are using a wood-fired BBQ (always best), light it now. Best results can be achieved if you can choose a sunny day with friends and family.
2. With your steak at room temperature (and sharp knife in hand), carefully fillet out the sinew (located on the outside of the various muscle groups of the steak) and fat into strips, each about two to three inches (50 – 75 mm) long. You will end up with some smaller and strangely-shaped steaks - don't worry, as this won't affect the eating quality at all !
3. If you are using a gas or electric-fired BBQ (I admit to owning one too), light it now.
4. Pre-oil the BBQ plate with a little cooking oil. Use a high flash-point oil like Rice Bran – it will cope with the higher temperatures better.
5. Put the sinew/fat strips on the plate as it is heating up – these will require a longer slower cook than steak. Add sea-salt to taste.
6. While these are cooking, have a drink. This time can also be used to season your steak – I use only sea-salt prior to cooking.
7. When cooking the strips, finish on a high heat to get them a little crunchy and caramelised, then move them to a cooler part of the plate.
8. The plate will now be hot, well-oiled with fat from the strips, and perfect for cooking the steaks – put them on now.
9. Hopefully your butcher will have cut your Oyster-blade steak to a thickness of about $\frac{3}{4}$ of an inch (18 mm). If the plate temperature is correct, they will take about three minutes on the first side and two minutes on the second (to achieve medium rare).
10. Important: While the steaks are cooking, eat/share the beef strips. The kids and I call them 'beef chewies', and they are always devoured before the steaks have time to finish cooking.
11. Rest the steaks on the bench for 5 minutes on a pre-warmed tray (under foil). They will still loose a little juice, but this need not be wasted – pour onto steaks at serving.
12. There are several muscle groups in Oyster-blade steak, so expect a little variation between the various pieces. Enjoy with veggies and/or salad.

PS: If you are wondering why a wood-fired BBQ is best, I encourage you to have a look at the 'Slow Foods' website.