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[1. Classic steak with mushroom sauce](#)



There's little that pairs better than steak and mushroom sauce! It's rich and decadent, and the calories are totally worth it.

[Get the classic steak with mushroom sauce recipe here.](#)

[2. Korean BBQ steak with kiwi topping](#)



Bulgogi goes tropical! This recipe is inspired by the popular Korea grilled steak dish, with a zingy salad to match. Double up on the sauce so you have extra – it's just that good.

[Get the Korean BBQ steak with kiwi topping recipe here.](#)

[3. Steak platter](#)



A recipe made for sharing! Look out for PnP's premium Wagyu beef range: These top-of-the-line steaks are perfectly marbled, meaning they're full of flavour and very tender.

[Get the steak platter recipe here.](#)

[4. Asian buttermilk-marinated rib-eye steaks](#)



Marinating steak in buttermilk makes for the most tender meat you'll ever have. Top with grated lemon peel, chilli and coriander sauce to add a zesty and spicy kick to this simple recipe.

[Get the Asian buttermilk-marinated rib-eye steaks recipe here.](#)

[5. Soy-marinated steak](#)



There are two goals when it comes to marinating steak: tenderising and adding flavour. This easy soy marinade does both! It's a burst of umami with a spicy kick – you won't settle for less after you try it.

[Get the soy-marinated steak recipe here.](#)

Best tips for braaiing steak:

MARINATING

All marinades add flavour to meat with the right mix of acidity, oil and flavouring. When a marinade contains enzymes (such as citrus, papaya, pineapple or buttermilk), these break down the outside layer of meat, allowing more moisture – and flavour – to be absorbed.

SALTING

Some say seasoning meat beforehand is essential, while others swear by salting while cooking. Here's what we know: salt draws out moisture, and moisture is flavour when it comes to food. But salt also breaks down protein, which helps meat retain its moisture inside

during cooking. So, the Fresh Living team likes to season meat well before braaiing – anywhere from 2-3 hours – in advance, if time allows. Remember to plan ahead in the name of deliciousness!

WHY DOES MEAT NEED TO REST?

You might have heard that you need to “rest meat” before slicing it, but it’s so difficult to wait when that steak comes off the braai – and is it really necessary? Yes!

Here’s why: during cooking, the protein in the meat will firm up. This squeezes the moisture out of the meat fibres towards the surface. Resting the meat gives the moisture a chance to sink back into the meat fibres, ensuring none of the precious juices are lost when slicing. Remember, a medium-rare steak should never have juices running away on the plate when sliced – that means it’s not rested, not that it’s underdone.

WHEN IS YOUR MEAT COOKED?

When meat is heated, the muscle fibres contract and change shape to become firmer. The longer meat is exposed to heat, the firmer it gets. This means you can touch meat to know how well it’s cooked – no need for a thermometer! When your thumb is pressed to your index finger, the fleshy part at the base of your thumb (where it meets the palm) feels the same to the touch as a rare steak. When it’s pressed to your middle finger, it’s the same as medium-rare, and to your pinkie, the same as well done. Easy peasy!

[For more meaty braai ideas, click here.](#)