

More than 2 hours

Serves 2

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Ingredients:

Garlic confit

- 10-12 cloves garlic
- 2 sprigs thyme
- 1 cup (250ml) olive oil

Marinade

- ⅓ cup (80ml) olive oil
- 2 cloves garlic, crushed
- 10 sprigs each rosemary and thyme, bruised
- Handful parsley, chopped
- 8 peppercorns
- Grated peel of 2 lemons
- 2 large T-bone steaks
- Salt and milled pepper
- Knob butter, for frying

Method:

1. Preheat oven to 170°C.
2. Place garlic, thyme and oil in an ovenproof bowl and cover with foil.
3. Roast for 60-80 minutes and set aside.
4. Combine marinade ingredients and brush onto steaks.
5. Marinate for 30-60 minutes at room temp (cold, refrigerated meat may not cook evenly).
6. Heat a pan with some marinade until smoking hot or prepare hot coals.
7. Season steaks well.
8. Pan-fry or braai steaks for 3-4 minutes per side for medium rare, adding a knob of butter 1 minute before done.

9. Wrap in foil and rest for at least 8 minutes.
10. Serve steak sliced or whole and top with garlic confit.