

# Steak and Rings

rocket and parmesan salad with red wine jus



21 servings

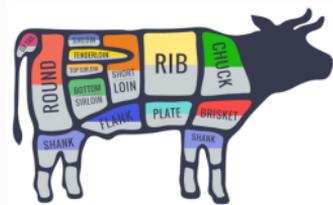


90 mins

## INGREDIENTS

### For the Steak

#### 1 large porterhouse steak



#### To Cook the Steak

21 X 200gm steaks  
100gm Smoked Salt ( Lavasalt)  
210ml grape seed oil  
420gm Salted smoked butter



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#### DIRECTIONS FOR STEAK ( SEB TO DEMONSTRATE THIS BIT )

1. Lay out the sirloin steak on a clean cutting board.
2. Using a sharp boning knife, start by trimming off any excess silver skin from the underside of the sirloin. Insert the tip of the knife under the silver skin and carefully work it off, ensuring to remove as little meat as possible.
3. Locate the seam of the chain (the side muscle) using your fingers and peel it away from the meat. Make small cuts as needed to separate it completely. Once separated, run the knife along the fat cap and remove the chain. Repeat this process for the other side of the sirloin.
4. Cut the sirloin into steaks of desired thickness. For today we will portion them into 200gm grams each.

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# Steak and Rings

Garden Salad and red wine Jus



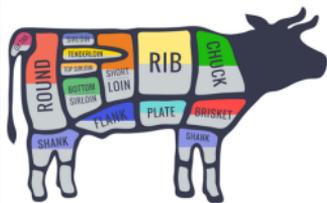
21 servings



90 mins

## INGREDIENTS

## DIRECTIONS FOR STEAK (SEB TO DEMONSTRATE THIS BIT)



### To Cook the Steak

**21 X 200gm steaks**  
**100gm Smoked Salt (Lavasalt)**  
**210ml grape seed oil**  
**420gm Salted smoked butter**



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1. Prepare a clean grill or BBQ and get it to medium-hot.
2. Brush both sides of the steak with grape seed oil and season liberally with smoked salt .
3. Grill the steak, turning once, until cooked to the desired doneness. About 5 minutes on the first side and 4 minutes on the second for medium-rare and 8 minutes on the first side and 5 on the second for medium, although the timing will depend on the size of the steak and the precise temperature of your grill.
4. Transfer the steaks to a a wire rack and add 20gm of smoked butter on to each steak to let it melt naturally.
5. Let it rest for at least 5 minutes before serving.
6. Slice steak Parisienne style ( Seb to demonstrate )
7. Add Jus and garden salad and tempura onions rings as the additional accompaniments

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# Steak and rings

Garden Salad and red wine Jus



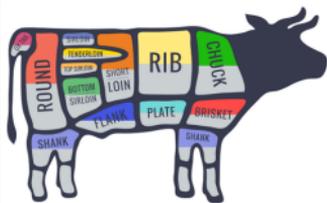
21 servings



90 mins

## INGREDIENTS

## DIRECTIONS FOR SALAD AND DRESSING



### For Salad

500gm Rocket or arugula

250gm parmesan cheese grated

200ml olive oil

juice of 4 lemons

5 garlic cloves peeled

1 tbsp dijon mustard

1 tsp smoked salt

Red Wine Jus - 2Litre ( Pre made by

Lavasalt team )



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1. **Wash and spin** the rocket salad
2. **Grate** parmesan with a grater and keep aside
3. Peel garlic gloves and add to **blender**
4. Add smoked salt, dijon mustard and **juice** of 4 lemons
5. Add oil and blend into a vinaigrette in a blender

### To plate up

Dress the salad with the vinaigrette at the last minute and place on 21 plates with equal portion sizes

Top with parmesan cheese

### FINAL PLATE UP

1. Plates must be warm
2. Tempura onion rings ( To be fried by Lavasalt staff ) and plated by team members into 10 equal portions in wire baskets
3. Add salad and parmesan cheese
4. Jus re heat and serve on steak
5. Add cooked steak and serve

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## EQUIPMENT CHECKLIST STEAK

- BBQ grill
- chopping board to prep steak ( RED)
- measuring cup
- pastry brush
- tongs
- bowl for dressing and salad spinner
- juicer
- fryer ( Will use the commercial fryer in kitchen)
- thermometer if needed
- tablespoon
- grater for parmesan cheese
- small ramekin
- chef knife + butcher knife
- tray for cooked steaks + wire racks
- serving plate X 21 for steaks
- baskets or bowls for chips
- baskets for onion ringss
- dispener for jus