



BONE IN RIB FILLET

Serves 2

LISTED INGREDIENTS	QUANTITY	UNIT COST	TOTAL COST
Bone in rib fillet steaks	2 x 500gm steaks kg	\$6.75	\$13.50
Salt and pepper	Trace		
Vegetable oil	Trace		

GARNISH AND EXTRAS PER SERVING	QUANTITY	UNIT COST	TOTAL COST
Salad	nominal		\$1.00
Chips baked potato	250 gm		\$0.50

TOTAL INGREDIENT COST	SERVES	TOTAL INGREDIENT COST AND SERVES	ADD GARNISH COST PER SERVE	COST PER SERVE
\$13.50	2	\$6.75	\$0.75	\$7.50

METHOD

- Season the Maleny Black Angus Bone in Rib Fillets. Spray or wipe the grill with a small amount of plain vegetable oil (olive oil can burn and taste too strong).
- Make sure the grill is hot enough to sizzle when steaks are laid on. It is important to note grass fed beef needs slightly lower cooking temperatures, and will cook a little longer.
- Place the steaks at a 45 degree angle on the grill and this will establish the first lines of the traditional char marks. DO NOT move the steak. We should only move the steak 3 times.
- Move 1: turn the steak (same side up) ¼ turn to produce the criss cross pattern on the underside. If you want medium rare, regardless of the thickness of the steak, wait until “beads” of blood appear on the upper surface. This means the steak is ready to flip over.
- Move 2: flip the steak over onto a fresh area of the grill and leave to set the bar marks as above. This cooking process on side 2 will take exactly half the time the first side cooked for (however long that may have been).
- Move 3: turn ¼ turn on the same side to finish the “perfect” char marks and complete the timing.
- Remove from the heat and “rest” in a warm place for approximately half the total cooking time. Remember if you are resting “hot” or for longer, you need to undercook your steak slightly as the residual heat will continue to cook.

Note: if rare is required turn over before the beads of blood appear. Likewise for medium-well done - wait until lots of blood appears on the top of the steak.

