

Scotch Fillet Steak with Café de Paris Butter



Ingredients

- 4 pieces good quality Scotch Fillet steak
- 250g good quality salted butter, softened
- 2 shallots, very finely chopped
- 1 tbsp capers, very finely chopped
- 4 large anchovy fillets, very finely chopped
- 2 large cloves garlic, very finely chopped
- 2 sprigs thyme, very finely chopped
- 4 sprigs parsley, very finely chopped
- 1 tbsp fresh rosemary, very finely chopped, plus extra to garnish
- Salt and freshly ground black pepper

Directions

Step 1 – Remove the steak from the fridge and allow to come to room temperature for at least half an hour before cooking.

Step 2 – Combine the butter with remaining ingredients and mix well. Place the mixture onto a piece of cling wrap, shape into a log, then roll the cling wrap to enclose the butter, twisting at the ends. Refrigerate until ready to use. (The remainder can be frozen for future use).

Step 3 – Heat the BBQ to medium heat (180 - 200°C) with two zone heat. Ensure the grills are clean. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or charcoal as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, have a trivet and convection tray in place.

Step 4 – Once the BBQ has reached temperature, place the steaks onto the grill away from the direct heat, or in a Weber Q, on the trivet. Close the lid of the BBQ to commence roasting the meat.



Step 5 – Using a digital thermometer, check the internal temperature of the meat regularly. Aim for an internal temperature at least 10°C less than your preferred final internal temperature. (Refer to our internal temperature guide).

Step 6 – Once the preferred internal temperature has been reached (less 10°C), either remove the steak from the BBQ to sear later, or immediately place the steak on the grill surface to sear, directly over the hottest part of the BBQ. Again, check the internal temperature, and sear the steaks on both sides quickly, bringing the steak to an internal temperature approximately 5°C less than your preferred internal temperature. The steak should at this point be seared and caramelised with sear marks on both sides.

Step 7 – Remove the steaks from the BBQ and allow the steaks to rest for around 10 minutes before serving. During this resting time, your steak will have reached the preferred internal temperature. Serve immediately topped with a thick slice of the Café de Paris butter and garnish with a sprig of rosemary.

Steak Internal Temperature Guide

	Remove From Heat	Final Rested Temp
Rare	48°C / 118°F	50°C / 120°F
Medium Rare	52°C / 125°F	54°C / 130°F
Medium	58°C / 136°F	60°C / 140°F
Medium Well	62°C / 143°F	65°C / 150°F
Well Done	68°C / 154°F	70°C / 160°F

