

Seared Steak with Creamy Peppercorn Sauce



Ingredients

- 4 steaks of your choice
- 2 tbsp butter
- 1 tbsp olive oil
- 1 small onion, very finely chopped
- 1 clove garlic, finely crushed
- 1/2 cup good quality beef stock
- 1 tbsp black peppercorns, coarsely crushed
- 1/2 tsp salt
- 1/2 cup thickened cream
- 1 tbsp marsala wine or port (optional)
- Parsley, finely chopped, to garnish

Directions

Step 1 – Remove the steaks from the fridge, allow to come to room temperature for around 1 hour. Season both sides of the steak with salt and pepper. Set aside.

Step 2 – Heat the BBQ to medium heat (180 - 200°C) and prepare for direct grilling, ensuring the grills are clean.

Step 3 – Heat a BBQ safe frying pan on the BBQ and melt the butter and olive oil together. Once bubbling, add the chopped onion and garlic. Sauté until the onion starts to soften, then add the beef stock, peppercorns and salt. Allow to simmer for around 5 minutes, remove from the heat and set aside.

Step 4 – Increase the heat on the BBQ to high (200 - 220°C). Once the BBQ has reached temperature, place the steaks onto the grill and close the lid. Cook the steaks for 2-4 minutes per side, or until cooked to your liking. Remove the steaks from the BBQ, cover tightly with foil to rest and set aside.



Step 5 – Return the frying pan with the sauce to the BBQ, bring back to a low simmer, stir in the cream and wine or port if using and warm the sauce through. Serve the steaks dressed with the sauce and garnished with chopped parsley.

