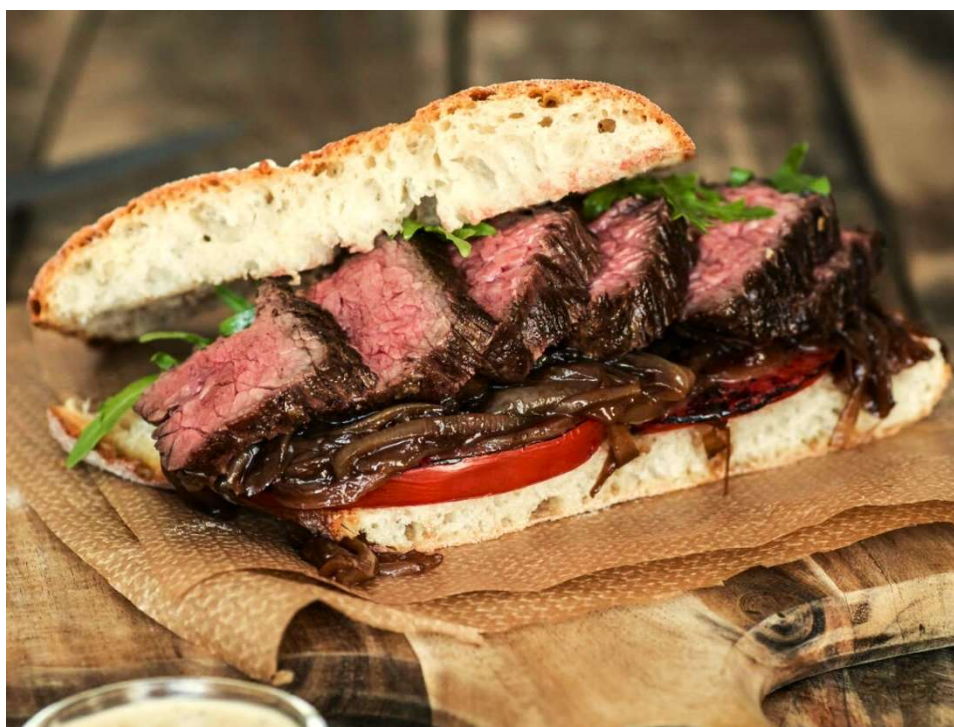


Classic Steak Sandwich



Ingredients

For the Sandwich

- 2 large pieces rump steak
- Steak seasoning of your choice (try Smokey Joe's Outback Rub!)
- 4 Turkish or panini rolls
- 1/2 cup whole egg mayonnaise or aioli
- 2 large tomatoes, sliced thickly
- 60g fresh rocket or shredded lettuce

For the Caramelised Onions

- 2 tbsp butter
- 1 tbsp olive oil
- 3 large onions, sliced
- 2 tbsp brown sugar
- 1 tbsp red wine vinegar
- 1 tsp steak seasoning

Directions

Step 1 – Season the steak liberally on both sides with your chosen seasoning and allow to come to room temperature.

Step 2 - Prepare the BBQ for direct cooking over medium heat (180 – 200°C), ensuring the grills are clean.

Step 3 – Preheat a BBQ safe frying pan and once hot, add the butter and olive oil and allow the butter to melt and start to foam a little. Add the onions and toss to coat in the butter mixture, then cover the frying pan with foil or a lid and allow to cook for around 10 minutes without stirring. After 10 minutes, remove the lid, add the brown sugar, red wine vinegar and steak seasoning and stir together. Cook for a further 10 – 15 minutes, uncovered, or until the mixture thickens. Set aside to cool.

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. Aim for an internal temperature of 54°C for medium rare steak. Remove the steaks from the BBQ, cover tightly with foil to rest and set aside.

Step 5 – Cut the rolls open and toast cut side down on the grill, then spread each roll with mayonnaise or aioli, then top with tomato slices, caramelised onion, sliced steak, and rocket or lettuce. Serve immediately.

