

GARLIC AND CHILLI BEEF

INGREDIENTS :

5 kg beef
100g salt
20g freshly ground pepper
2 teaspoons chili paste
2 heads garlic crushed
tablespoons oil
100 ml oil
100 ml lemon juice
1 tablespoon salt
long sprigs rosemary

PREPARATION :

Mix salt, pepper, chili paste, crushed garlic, 3 tablespoons oil and half a sprig of rosemary finely chopped. Rub mixture around meat. Make approximately 20 incisions into the meat and insert more of the rosemary. Mix the 100 ml olive oil and 100 ml lemon juice with 1 tablespoon of salt and use 3 long sprigs of rosemary tied together to make a brush to baste this mixture over the meat every 20 minutes.



Cook
Time 

3.0HRS.

IMAGE BELOW

delicious colours
from the chili
infused into the
beef