



# Charcoal Grilled Steak

## HOT TIP

Best beef steaks for barbecuing: fillet/tenderloin, rib eye/scotch fillet, sirloin/porterhouse/New York, T-bone, rump, round and blade, oyster blade.

### Ingredients:

- 4 X 200g rump steak
- Salt
- Pepper
- Oregano
- Olive oil

### PROCEDURE:

- Preheat the charcoal BBQ before adding the steaks. It should be hot enough so the steaks sizzle when hitting the grill.
- Cook on one side until the first sign of moisture appears. Turn steaks once only. Test the steaks for degree of doneness with tongs. Rare is soft, medium feels springy and well done is very firm.
- Remove steaks from heat, loosely cover with foil and rest steaks for 5 minutes before serving.
- Serve with potato salad, greens etc.

Cook  
Time 

**10 MIN.**