



Barbecued Sirloin Steak with Confit Garlic Butter

Pairs well with McWilliams Icon Brands® Coonawarra Shiraz

Serves Four



- Four 9 oz sirloin steaks, preferably 2in thick and marbled

For the butter

- 1 cup (8oz) butter, at room temperature
- 8 confited garlic cloves, peeled (see recipe to make the garlic confit)
- 1 tablespoon chopped fresh thyme
- 1 tablespoon red wine vinegar
- 1 tablespoon finely grated lemon zest

Preparation

Trim the steaks of all fat that you don't want (leaving some on is a source of great flavor). Grind over with black pepper and set to one side

For the butter

In a mixing bowl, mash all the ingredients together with a potato masher and then whisk to combine. The finished butter can then be placed in a serving bowl and refrigerated until ready for use. Alternatively, it can be rolled in greaseproof paper to a sausage shape and frozen.

It is best made the night before use.

For the steaks

Cook the steaks on the grill of your very hot barbecue. Leave for 2 minutes, then flip onto another part of the barbecue where no meat has rested. (The reason for this is that the heat will have gone from the place where you've just cooked, and you need high heat to seal the meat.) Cook a further 2 minutes, then turn onto a spot that has medium heat and cook for 3 minutes on each side if you like your steak cooked to medium. For rare, cook the steaks for the initial 2 minutes on each side and then a further 1 minute on each side; for well done, cook for the initial 2 minutes on each side and then a further 5 minutes on each side. Lift the cooked meat onto a warmed plate and leave to sit for 3 minutes.

Serve on individual plates with the butter either served on the side in a bowl with a spoon (remove from refrigerator 20 minutes before use), or cut into 1 cm thick rings if using the freezer method. The butter is delicious as it melts over the steak. Serve with barbecued sliced potatoes and a green salad.

Recipe courtesy of Peter Howard
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