



JERNEJ KITCHEN

GRILLED T-BONE STEAK WITH SMASHED CUCUMBER SALAD

Grilled T-bone steak is a quick and easy steak recipe served with a light, Asian-inspired spicy smashed cucumber salad. Perfect for summer gatherings.

SERVES	2	PEOPLE
PREPARATION:	10	MINUTES
GRILL:	5	MINUTES
TOTAL TIME:	15	MINUTES

SMASHED CUCUMBER SALAD

- 1 large cucumber
- 1 tsp salt
- 3 garlic cloves, minced
- 1 tsp freshly grated ginger
- 1 tsp diced chili
- greens from one spring onion
- 1 tbsp sesame seeds
- 1 tsp sugar
- 1/2 tsp chili flakes
- 2 tbsp light soy sauce
- 2 tbsp vinegar (rice, apple cider or white wine)
- 3 tbsp canola or sesame seed oil

STEAK

- 450 g t-bone steak

TOOLS AND EQUIPEMENT

- cutting board
- kitchen knife
- bowl
- paper towels
- grill

Sponsored

PREPARE THE GRILL

Heat your gas grill or fire up the grill to get the grill temperature to about 250 °C - 300 °C or 480 °F - 570 °F. When the grill is hot, clean the rack with a long brush and lightly grease it with oil (the easiest way to do this is by dipping a paper towel into the oil). Take the meat out of the fridge at least 30 minutes before grilling.

CUCUMBERS

Cut the cucumbers into 2 cm / 1-inch chunks. Place in a bowl and season with salt. This will help release water from the cucumbers. Using a fork, smash the cucumbers lightly. Set aside for 5 minutes.

CUCUMBER SALAD DRESSING

In a small bowl, combine minced garlic, ginger, chili, spring onion, sesame seeds, sugar, chili, light soy sauce, and vinegar. Add the boiling hot oil and stir to combine. Pour the salad dressing over the cucumbers and place in the fridge until serving.

TIP

Optionally drain the cucumbers before adding the dressing, especially if you don't like wet salads.

GRILL THE MEAT

Pat dry the meat with a paper towel and place it on a plate or baking sheet. Season generously with salt and pepper on both sides. Place the beef in the hottest area on the grill and cook the meat for 90 seconds - 2 minutes, then turn the meat using metal kitchen thongs and continue to cook on the other side for

kitchen thongs

90 seconds. Transfer the meat to the indirect fire spot on the grill. Grill for 30 - 40 seconds, then turn and continue to cook for 30 - 40 seconds. When the steak is grilled, remove it from the heat and set it aside for 5 minutes to rest.

SERVE

Optionally sprinkle the grilled t-bone steak with fleur de salt, cut into slices and serve with homemade Smashed Cucumber Salad.