

T-bone Steak with Blue Cheese Butter



When throwing a delicious T-bone on the BBQ, start cooking with lower heat until it's nearly done to your liking then finish it over high heat for a delicious seared crust.

Ingredients

- 4 T-bone steaks
- 50 g soft blue cheese
- 50 g butter, softened
- 2 shallots, finely chopped

Method:

1. At least 30 minutes before cooking, remove the steaks from the fridge and bring to room temperature (doing this ensures a more even cook).
2. Combine blue cheese, butter and shallots in a small bowl and mix well.
3. Preheat the BBQ to medium low.
4. Lightly oil the steaks and season generously with sea salt and cracked pepper, including the edges.

5. Arrange steaks on the cooler side of the grill with tenderloins (the smaller medallions of meat) positioned farthest from the coals.
6. Cook 6 minutes, or until a golden crust forms, (but always keeping tenderloin farthest from the coals). Turn and cook for another 5 minutes.
7. Increase the heat to high.
8. Using tongs, hold steaks on their edges to sear the sides.
9. Spread the buttery mix across the hot steaks and serve immediately.