

QURBANI SPECIAL



Steaks Galore @ Four Points Sheraton

Amid all the curries and spices this Eid, take a break from the norm and try these steak recipes that are fresh and full of flavour. These grilled recipes are sure to be appreciated and wow your guests this Eid. So ask your butcher to make the following popular cuts on Eid Day and save some for the hot grill!

ROASTED VICTORIAN LAMB RACK

Ingredients

240g Australian Lamb rack
Salt to taste
Black pepper to taste
1 tsp mixed fresh herbs
A drizzle of mustard or olive oil
Worcestershire sauce to taste

Method

Heat a dry 12-inch heavy skillet over high heat until hot, for at least 2 minutes. Meanwhile, pat the lamb dry and rub meat with salt and pepper. Add oil to a hot skillet, and then brown the racks in two batches if necessary, on all sides (not ends).

It will take about 10 minutes per batch. Transfer the racks to a small (13- by 9-inch) roasting pan.

Mix the garlic, herbs, salt, pepper and oil and coat the roast lamb. Place in the middle rack of an oven that has been pre-heated to 350°F. Roast for 15 minutes and then cover lamb loosely with foil and roast until thermometer inserted diagonally into centre of meat registers 120°F for an additional 5 to 10 minutes. Let it stand covered for 10 minutes. (Internal temperature will rise to 125° - 130°F for medium-rare while lamb stands. Cut each rack into 4 double chops and serve with grilled onions, asparagus, sweet potatoes and broccoli with a sauce of your choice.

SIRLOIN STEAK WITH ROASTED POTATOES AND ASPARAGUS

Flavour the steak in as little as 10 minutes. You can also marinate the meat with the following ingredients up to a day ahead.

Ingredients

½ cup Dijon mustard
2 tbsp fresh lemon juice, plus wedges for serving
1 garlic clove, crushed through a press
Salt to taste
Ground pepper to taste
1 large sirloin steak (about 1 ½ pounds and 1-inch-thick), trimmed and cut into 4 equal portions
2 tbsp Worcestershire sauce
1 lbs red new potatoes, halved (quartered if large)
3 tbsp olive oil
2lbs of asparagus, trimmed

Method

Preheat oven to 450 degrees. In a small bowl, stir together mustard, lemon juice, and garlic; season with salt and pepper. Place mustard mixture in a resealable plastic bag. Add the steaks, and rub to coat (reserve remaining mixture for serving). Let steaks marinate at room temperature for 10

minutes, or refrigerate up to 1 day.

On a large rimmed baking sheet, toss potatoes with 1 tablespoon of oil; season with salt and pepper. Roast 10 minutes, then add asparagus to sheet, and toss with another tablespoon of oil. Season with salt and pepper. Roast until potatoes and asparagus are tender; it will take about 15 minutes.

While the vegetables are roasting, heat the remaining tablespoon of oil in a large skillet over high. Remove steaks from marinade, allowing excess to drip off; cook 4 to 5 minutes per side for medium-rare (if pan darkens quickly, reduce heat). Let rest 5 minutes. Serve steaks with vegetables and reserved mustard sauce; garnish with lemon wedges.

Carve the lamb. Divide the salad among 4 plates and top each serving with 2 lamb chops. Serve immediately.

Photo: Sazzad Ibne Sayed

Food styling and preparation: RBR



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