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T-BONE STEAK

Ingredients

2 T-bone steak pieces
1 tbsp sunflower oil
2 clove garlic minced
1 tbsp unsalted butter
1 tbsp rosemary
Salt and pepper to taste

Method

Preheat oven to 200 degrees Celsius. Clean, wash and pat dry the steaks with paper towel and then rub with ½ tablespoon of sunflower oil. Season both sides with salt and pepper. Heat a cast iron skillet over high heat and allow to heat up for one minute. Add the rest of oil and then add steak when it begins to smoke. This is necessary in order to get a good sear.

Sear for 2 minutes and then flip over using kitchen tongs. Sear on the other side for 2 minutes. Add minced garlic, butter and rosemary, then immediately transfer the steak to the oven. Bake for 3-4 minutes for medium-rare steaks. Remove steak to a plate and let it rest for 5 minutes. Cut steak from the bone and slice the steak across the grain. Serve hot with steak sauce and enjoy.

THAI BEEF SALAD

Ingredients

1 tbsp sunflower oil
1 tsp sunflower seeds
½ kg steak fillet
2 green onions, chopped
1 lemon grass, cut into 1-inch pieces
1 cup chopped cilantro
1 cup chopped mint leaves
¼ cup lemon juice



FRIED BEEF

Ingredients

½ kg meat pieces
1 tbsp red chilli powder
½ tsp turmeric powder
½ tsp all spice powder
1 tbsp ginger-garlic paste
1 glass water
½ cup oil

1/3 cup fish sauce
1 tbsp sweet chilli sauce
½ cup sugar
1 head leaf lettuce, rinsed; dried and torn into bite-size pieces
1 cucumber, diced
6-8 cherry tomatoes

Method

In a large bowl, stir together the green onions, lemon grass, cilantro, mint leaves, lemon juice, fish sauce, chilli sauce, and sugar until well combined and the sugar dissolved.

Adjust the flavour. Rub the steak with salt and sunflower oil. Let rest for 5 minutes.

Cook the steak over high heat on a preheated grill for 5-6 minutes on each side, until it is cooked. Do not overcook the meat.

Remove from the heat and slice into thin strips. Add the meat to the sauce and refrigerate, tightly covered, for at least 3 hours. Tear the lettuce into bite size pieces and place in a salad bowl. Arrange the cucumber on top of the lettuce, and then pour the meat and sauce over.

Top with cherry tomatoes and garnish with fresh cilantro leaves. Sprinkle with sunflower seeds and serve immediately.



Salt to taste

Method

In a pan, mix all the ingredients except oil. Cover and set aside for 2-3 hours. Now boil the marinated meat in a pot with a glass of water. When the water dries up and meat is tender, remove from heat. In a separate pan, heat oil and fry the meat pieces till golden brown. Serve hot with roti or paratha.

Photo: Sazzad Ibne Sayed

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সুখার
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