

Tomahawk steak with romesco sauce and marinated artichokes

Ingredients

1 tomahawk steak weighing approximately 1.2kg

Salt and pepper for seasoning

1 tablespoon blended olive oil

For the Romesco sauce

2 roasted, skinned red peppers (you can use a jar of drained roasted red peppers for ease)

25g toasted and skinned almonds

20ml extra virgin olive oil

1 teaspoon of red wine vinegar

1 garlic cloves

1 pinch of paprika

Method

Bring your steak to room temperature for 20-30 minutes before cooking.

This will give you time to make your romesco sauce. Toast your almonds in the oven for 10 minutes then add all the ingredients for the sauce into a blender and process. The consistency of the sauce is to your preference. Add more oil for a looser sauce or make it more peppery by adding extra paprika.

Now back to your steak. Stab the eye of the fat with salt, then oil and season the steak, not the pan.

Place the steak onto the hot griddle or BBQ, searing each side for about 3 minutes then repeat after turning the beef 90 degrees. This produces the nice professional pattern on the meat and helps it cook evenly.

If finishing in the oven, place on a roasting tray or oven proof griddle for 15-20minutes on 200oC. If cooking on a BBQ, find a cooler spot on the BBQ to avoid burning.

Tips:

To keep the heat in while cooking on a BBQ, place a roasting tray over the meat to keep the heat in. This will also reduce the cooking time.

Allow meat to rest for 10-15minutes before carving along the line of the bone, then slice the meat on an angle.

Drizzle the sauce over the sliced beef or serve on the side. An additional dressing of marinated artichokes and more red peppers can served on top of the beef for extra flavour and colour.

