

Matured TOMAHAWK beef steak



Preparation

1. Light the barbeque, preheat the coals and cook the chilled meat for a few minutes directly on the grill. The higher the heat, the faster the external meat pores of the steak will close and this will prevent it from drying out. After grilling the steak on both sides for a few minutes, wrap it in foil and bake for about 20 minutes on the same coals.
2. You do not need to marinate the beef or flavour it with spices, but if you really want to, sprinkle the cooked steak with pepper and salt. All you need is the high quality, matured beef and fresh vegetables for serving.

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INGREDIENTS

1 kg	KITCHEN me frozen TOMAHAWK beef steak
According to taste	Salt
According to taste	Pepper
According to need	Fresh vegetables