

PIETER KOEN'S PEPPER STEAK RECIPE

Prep time: 10 minutes
Cook time: 60 minutes
Serves 4-6 people



INGREDIENTS

6 fillet medallions
2 teaspoons olive oil
3 tablespoons crushed black pepper

FOR MUSHROOM SAUCE

2 teaspoons butter
1 teaspoon olive oil
250g mushrooms
2 garlic cloves, minced
2 tablespoons brandy
100ml fresh cream
1 tablespoon fresh thyme
Salt & Pepper
2 tablespoons freshly grated parmesan
Fresh parsley, chopped

FOR SALAD

300g baby spinach leaves
1 orange, thinly sliced
1 Granny Smith apple, thinly sliced
1 red onion, thinly sliced
1 cup toasted cashews
150g crumbed goat cheese
3 tablespoons pomegranates

FOR RED WINE VINAIGRETTE

80ml olive oil
70ml red wine vinegar
1 tablespoon Dijon mustard
1 tablespoon honey
Light squeeze of lemon juice

INSTRUCTIONS

FILLET

1. Start your Megamaster braai with only one of the far left or far right burners on low.
2. Lightly rub the fillets with olive oil and roll the sides in the crushed peppercorns.
3. Place the fillets on the grill on the opposite side of the lit burner, away from direct heat.
4. Season the steaks.
5. Close the lid and let it cook at a low temperature (110-120°C).
6. For rare to medium-to-rare results, cook steaks until the thermometer reads 50°C.
7. Remove steaks and preheat the ceramic searing side burner.
8. Brush the steaks with a bit of olive oil on the flat surface of the meat.
9. Cook them on the searing side burner for 2-3 minutes per side or until a nice crust forms.
10. Remove the steaks and let them rest for 2 minutes.

MUSHROOM SAUCE

- Melt the butter in a pan and add the olive oil, mushrooms and garlic. Cook until soft and slightly browned.
1. Add a splash of brandy, using a braai lighter (with safety lock) to ignite the alcohol.
 2. Add the fresh cream and thyme. Season with salt and pepper.
 3. Bring the sauce to a light boil, reduce heat and let it simmer until slightly reduced and thickened.
 4. Add the freshly grated parmesan and chopped parsley just before serving.
 - 5.

SALAD & RED WINE VINAIGRETTE

- Combine all the ingredients of the salad in a bowl.
1. Combine all the ingredients of the vinaigrette and shake/stir well.
 - 2.
 3. Drizzle the vinaigrette over the salad just before serving.