



Dad's Grilled Steak

Recipe courtesy of Ted Reader & his father!

Ingredients

1 sirloin steak (approximately 4 lb/1.8 kg and 3 inches/8 cm thick)
¼ cup (60 ml) freshly ground black pepper
12 cloves garlic, minced
1 cup (250 ml) dry red wine
¼ cup (60 ml) vegetable oil
¼ cup (60 ml) ketchup
2 tbsp (30 ml) chopped fresh herbs (such as parsley, sage, rosemary)
1 tbsp (15 ml) Worcestershire sauce
Salt to taste

Instructions

Rub the steak with the black pepper, pressing the seasoning into the meat.

In a glass dish large enough to hold the steak, whisk together the garlic, wine, vegetable oil, ketchup, herbs, Worcestershire sauce and salt. Add steak, turning once to coat. Marinate, covered and refrigerated, for 6 hours or overnight.

Set the EGG for direct cooking (without the convEGGtor) at 450–550°F (230–290°C).

Remove steak from marinade, discarding marinade. Pat dry with paper towels. Season steak with salt.

Grill steak for 12–15 minutes per side for medium-rare to medium doneness, drizzling with a little red wine occasionally to add some sizzling moisture. Remove from the EGG and let rest for 5–10 minutes. Thinly slice the steak across the grain and serve.

Serves 4 to 6 with plenty of leftovers for steak sandwiches