



WINE AND OLIVE ESTATE

STEAK WITH OLIVE OIL AND HERB MARINADE

RECIPE 23/98

What you will need:

800g rump or sirloin steak

60ml **Morgenster Extra Virgin Olive Oil**

60ml orange juice

5ml grated lime rind

45ml lime juice

30ml honey

10ml chopped garlic

5ml ground cumin

60ml chopped coriander

60ml chopped basil

5ml salt

ground black pepper

Morgenster Extra Virgin Olive Oil for cooking





How to prepare:

Put the steak into a flat container.

Combine the remaining ingredients and mix well.

Spoon 60-80ml of the marinade over the steak making sure it is well coated.

Refrigerate for a few hours.

Remove the meat from the marinade, brush it with a little olive oil and cook on a braai or a griddle pan.

Baste with the marinade it has been in until cooked to the desired doneness.

Serve sliced and drizzled with the reserved marinade mixture.

Wine pairing suggestion:

Henry Kotze, Morgenster Wine Maker suggests pairing our Morgenster Flagship 2001 with this Morgenster Recipe.