MORGENSTER

FOUNDED 1711

WINE AND OLIVE ESTATE

RUMP IN BEER MARINADE

RECIPE 66/98

What you will need:

Marinade:

330ml beer

60ml Morgenster Balsamic Vinegar

60ml tomato sauce

60ml Worcestershire sauce

15ml paprika

5ml chopped garlic

1 chilli, deseeded and finely chopped

15ml Dijon mustard

15ml wholegrain mustard

45ml honey

15ml oreganum

salt and pepper

1.2kg Picanha rump

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How to prepare:

Mix all the ingredients together.

Pour into a shallow dish or plastic bag and add the rump.

Marinate in the fridge for 2-3 hours or overnight.

Remove meat from the marinade and braai in a kettle braai, with the lid on, for 30 minutes per 500g.

Turn halfway and baste with the leftover marinade.

Or roast in a preheated oven at 180°C for 1 hour.

Bring the remaining marinade to the boil in a pot and simmer for 10 minutes to thicken and reduce.

Serve with the steak.

Recipe supplied by The Star, Angela Day.

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