



Daddies love their meats. Especially that well-marbled steak done the way he likes it, tender and dripping with meaty juices in every mouthful. Surprise him this Father's Day as you perfect the seemingly profound skill of grilling the perfect steak.

Firstly, choose your cut. What does dad like? Ribeye, tenderloin or sirloin? Even if you are totally clueless about this, do some research or get some help from the friendly counter staff at Huber's about the cut, grade and marbling. For me, I will usually make a beeline for the sirloin because that strip of fat is simply irresistible when it sizzles!

Barbecuing, grilling or pan-frying the cut is up to you. But know the difference between grilling and barbecuing. Both are similar yet different cooking methods. For grilling, it allows you more

control of the heat and time of cooking while barbecuing is less predictable in terms of the temperature and it usually takes a longer time. However, the principle of cooking steak is still on its doneness – rare, medium-rare, medium, medium-well or well-done. As long as you get the temperature and cooking time right, do the appropriate preparation and some simple marinating tips, you will be cooking like a pro.

But one tip I get from watching many chefs is that it is better to undercook than to overcook the steak because if you take it off the heat

too early and it is not the right doneness you are expecting, you can always put it back on the grill. But if it is overcooked, the result is irreversible. Grill-Ueli believes in grilling steaks at 57°C instead of searing at high heat smoking point to seal in the juices to "close the pores" like what most professionals would tell you. The barbecue master tells me: "This is not true because meat has no pores. Only skin has pores."

Thus, cooking from 57°C is good enough to sear the meat as the protein coagulating on the meat surface has already sealed in the meat juices. This also makes it more tender. As for the steak marinade, Grill-Ueli says if you use barbecue sauce, you do not need to marinate it at all. However, he thinks that the best marination is still the simple way – just before grilling, brush steak with some olive oil, salt and pepper, and let the freshness of the steak speak for itself. "Don't waste the meat with the sauce!" he says. For a medium-rare doneness, grill each side of the steak for a minute each before taking it off the direct heat to let it rest for six minutes on the grill. Your soft, juicy steak is ready to be served.



The Perfect Grill

*Swiss barbecue world champion Mr Grill-Ueli shares his tips on grilling the perfect steak and more at Huber's Butchery. **Katherine Oh** divulges the juicy details*



Swiss barbecue
world champion
Mr Grill-Ueli

- 1 Fresh produce, such as meat, fish, poultry, vegetables and fruits, should be allowed to thaw for at least two hours before grilling. This is to prevent heat shock.
- 2 Grilling needs a lot of preparation. For vegetables, do not season them before grilling as the salt will extract the moisture out of the vegetable. Grill them as they are and when cooled, add salt and pepper.
- 3 Never wash your mushrooms as they will lose their flavours. Use a brush to brush away the sediments instead.
- 4 To prevent mushrooms from shrivelling up on the grill, put them in a Ziploc bag and add olive oil and salt. Allow the mushrooms to soak up the marinade before putting them on the grill. This will retain the moisture in the mushrooms during cooking.
- 5 Before grilling, always wrap marinated meats – big or small – in cling film for 24 hours. For steaks, about 4 to 5 hours of wrapping is sufficient. This helps the meat absorb the flavours.

MORE TIPS





The recipes are adapted from *Outdoorchef – Healthy and varied barbecuing*. The barbecuing makes use of Outdoorchef's funnel system grill equipment. For indirect barbecuing, the upper funnel is fitted in the spherical grill with the large opening uppermost. The heat from the gas burner rises up the inner sides of the spherical grill and distributes evenly throughout the entire sphere.

以下食谱撷取自*Outdoorchef – Healthy and varied barbecuing*一书。烧烤方式是以Outdoorchef的漏斗系统为规范。对于间接烧烤，上部漏斗装配在球形烧烤器皿内，大开口向上。气体燃烧器的热量将在球形烧烤器皿的内侧上升，并均匀分布于整个球体。

Special thanks to Ueli Bernold's (Grill-Ueli) for his permission to publish the recipes.



烧烤小牛肋骨

Veal Spare Ribs

用料

小牛肋骨1.6公斤
肉类调味料40克
橄榄油100克

涂料

烧烤酱160克
枫糖浆40克
酱青20克
巴萨米醋(意大利黑醋)20克

作法

- 1 烹调前一天，用肉类调味料涂抹肋骨，再刷上橄榄油。用保鲜膜包裹，放入冰箱腌制。在烹调前2小时，取出肋骨。
- 2 预热烤板2分钟至摄氏200度(间接加热)。
- 3 制作涂料：把所有涂料搅拌至光滑。
- 4 从保鲜膜取出肋骨，放在烤板上。以摄氏200度间接烧烤约70分钟，直至中心温度达至摄氏45度。不时将涂料刷在肋骨上。从烤板上撤走肋骨再次腌渍后，用铝箔纸包裹，然后以摄氏200度烤约5分钟。从烤板取出肋骨，放置一旁休息约10分钟(依然用铝箔纸包裹)，令中心温度升至摄氏90度。

Ingredients

1.6kg veal spare ribs
40g meat seasoning
100g olive oil

Glaze

160g barbecue sauce
40g maple syrup
20g light soya sauce
20g balsamic vinegar

Method

- 1 The day before cooking, rub the meat seasoning over the spare ribs, brush with olive oil, wrap in cling film and marinate in the fridge. Remove meat from the fridge two hours before cooking.
- 2 Preheat grill for 2 minutes to 200°C on indirect heat.
- 3 To make the glaze, stir all ingredients together until smooth.
- 4 Remove spare ribs from the cling film and place on the cooking grid. Cook for around 70 minutes at 200°C on indirect heat until the core temperature reaches 45°C, brushing meat with the glaze from time to time. Remove meat from the grill, marinate once again and wrap in aluminium foil, then grill for another 5 minutes at 200°C. Remove from the grill and leave to rest for around 10 minutes, still wrapped; the core temperature should rise to about 90°C.

牛排

Beef Chops

用料

牛排3块, 约800克
肉类调味料18克
橄榄油80克
融化牛油50克
酱青少许

作法

- 1 在牛排上涂抹调味料, 然后刷上橄榄油。用保鲜膜包紧, 放入冰箱腌制隔夜。在烹饪前2小时, 从冰箱取出。
- 2 预热烤板2分钟至摄氏200度(间接加热)。
- 3 从保鲜膜取出牛排, 放在烤板上。用摄氏200度烧烤至中心温度为摄氏51度。沾上混匀的融化牛油和酱青, 重复两次。从烤板取出牛排, 放置一旁休息约5分钟(用铝箔纸盖着但不包紧), 令中心温度升至摄氏56度。

Ingredients

3 beef chops, about 800g
18g meat seasoning
80g olive oil
50g melted butter
2 dashes of soya sauce

Method

- 1 Rub seasoning into the chops and brush with olive oil. Wrap tightly in cling film and marinate overnight in the fridge. Remove from the fridge 2 hours before cooking.
- 2 Preheat grill for 2 minutes to 200°C on indirect heat.
- 3 Remove beef chops from the cling film and place on the grill. Cook at 200°C until the meat reaches a core temperature of around 51°C, coating twice with the melted butter with the soya sauce mixed in. Remove beef chops from the grill and leave to stand for around 5 minutes, covered (but not wrapped) with aluminium foil; the core temperature should rise to around 56°C.



备注Note

肉类调味料可以自己做, 也可以用市售的肉类调味料。

If you are not making your own meat seasoning, you can purchase meat rubs from the groceries.

