

BARBECUED BEEF with PEPPER CRUST

INGREDIENTS

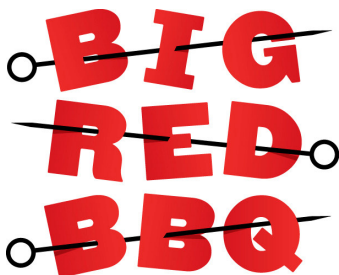
- 1 tablespoon olive oil
- 2 teaspoons ground mixed peppercorns
- 1 tablespoon wholegrain mustard
- 2 teaspoons chopped fresh thyme leaves
- 1 1/2 cups barbecue sauce (see related recipe) – I used a commercial variety as no recipe
- 1.4kg piece beef scotch fillet - fat trimmed

METHOD

1. Preheat barbecue to high, leaving hood closed. Tie beef with kitchen string at 4cm intervals (to maintain shape during cooking). Combine oil, pepper, mustard, thyme and 1/2 cup sauce in a flameproof roasting pan. Add beef. Turn to coat.
2. Transfer beef to barbecue chargrill, reserving oil mixture. Cook, turning, for 5 minutes or until browned all over. Return beef to pan. Reduce heat to low. Baste beef with oil mixture. Cook, covered, for 1 hour for medium or until cooked to your liking.
3. Remove beef. Cover with foil. Stand for 15 minutes. Slice. Serve with remaining barbecue sauce.

Serves 8

	Per Serving (232g)	Per 100g
Energy	1425	614
Protein	37	16
Fat – Total	10.8	4.7
- Saturated	4	1.7
Carbohydrate - Total	23.6	10.2
- Sugars	21.5	9.2
Sodium	445	191



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