



MAN LAW Australasia Pty Limited
PO Box 545
Riverstone. NSW 2765
Ph: 1800 026 086
Web: manlaw-bbq.com.au
Email: Fiona@manlaw-bbq.com.au

MAN TUCKER RECIPES

MAN LAW STEAK SANGA'S



You will need:

- 1 x minute steak for each person who would like a thinner steak,
- 1 x THICK 'MAN SIZED' steak for those who would like a MAN SIZED steak,
- 1 x piece of short cut bacon per person,
- 1 x red onion peeled and cut into thin rings (around ¼ of an onion per person),
- 2 – 3 x butter lettuce leaves for each person,
- ½ Roma tomato for each person - sliced,
- 2 slices of beetroot per person,
- Some Dijon or seeded mustard & some egg mayo (about ½ quantity of mustard to the quantity of mayo - mix together. This is to spread on the rolls, so mix a quantity to suit yourself and the number of rolls),
- Some nice BBQ sauce,
- Some freshly ground black pepper,
- 1 x crispy-crustured long roll per person, split lengthways,
- 1 – 2 cloves of garlic – cut in half "width-ways".

What to serve with them: Perfect with a nice Shiraz or draught beer like VB.

What to do:

- Pour a glass of wine or grab a beer,
- Get the steaks out of the fridge, place them onto a plate and allow to come up to room temperature (around 25 degrees ... not to 40 degrees if it is a 40 degree day!),
- While the steaks are coming up to room temperature, sit and have a chat and enjoy your glass of Shiraz or beer ... this could take ½ hour at least!
- Ask the BBQ Chef to warm up the equipment & get **his MAN LAW Digital Tongs, Spatula and Grill Press** ready for work (put the **MAN LAW Grill Press on the BBQ to heat up**).

The rolls:

- Spray the grill with a little spray olive oil & place the rolls crust side down. Allow rolls to heat / toast for 1 minute (don't let them burn).
- Turn rolls over to place cut side down on the grill for 1 - 2 minutes, again only toast them – careful not to allow them to burn. They should have lovely grill marks on them.
- Remove them from the heat.
- Place each roll on a plate & rub with the cut side of the garlic cloves (then roughly cut up the remainder of the garlic cloves and put them in with the onions),
- Spread the cut side of the lower half of the roll with some of the mustard-mayo mixture,
- Place the 2 – 3 lettuce leaves on the roll,
- Place the beetroot slices on the top of the lettuce,
- Place the tomato slices onto the top of the beetroot.

Give the BBQ Chef the steaks, the bacon and the onion rings/garlic mix.

- Place the onion rings onto the BBQ plate with a little olive oil, a little freshly ground black pepper, and the pieces of garlic clove, and toss until they are all cooked, place on a cooler part of the plate.
- Place the thicker steaks on to cook to your liking. Use your **MAN LAW Digital Tongs** to let you know when your steaks are nearly done.
- Place the minute steaks onto the plate and (using your **MAN LAW BBQ gloves** and your **MAN LAW Grill Press**) – place the grill press onto the top of the minute steaks – move the Grill Press around to the other minute steaks.
- ***The advantage of using a MAN LAW Grill Press** is that you keep the minute steaks nice and flat to the plate as they cook (so they don't crinkle & buckle up as they cook) and you also cook them twice as fast as you are cooking the steaks from both sides at once! What an idea – those MAN LAW guys are full of it!*
- **NOTE:** the grill press handle gets VERY hot while it is heating up on the BBQ – you will need your **MAN LAW leather BBQ gloves** to pick it up & move it around.
- Place the bacon onto the plate and cook quickly on each side.
- Remove everything from the BBQ and take to where the rolls are being prepared.

The all-important assembly:

- Place a steak (thicker or minute), a piece of bacon and a few of the cooked onion rings onto the top of the salad, etc.
- (If liked) put some of the BBQ sauce over the top of the onions, close the top of the roll & serve immediately.

Very little cleaning up so sit, chat and finish off that nice bottle of Shiraz.

One of the nicest BBQ Sauces we know is PORTERS BBQ SAUCE It's like real 'home-made' sauce, it really is made from a secret family recipe that has been passed down in the family & when the current generation found it, it was written on an old piece of paper stuck in the back of a drawer. It's available in stores and can be bought by mail order from www.portersproduce.com.au/blog

A nice sauce will make these Steak Sanga's even nicer! ENJOY!

That BBQ Chef is just amazing – congratulations – you're on a winner!