

# Rump Steak



## Method

As demonstrated on Nigella Lawson's extremely successful cookery series "Nigella Bites" - a slice of centre cut rump steak approximately 28 - 50mm or 1¼ - 2 inches thick, weighing about 1kg or 2.2 pounds.

We will marinate this for you if you require. Barbecue or grill for about 15 minutes each side.

To serve thinly, cutting diagonally at 45° as in the photograph. This splendid idea has the advantage that each guest can be served precisely the amount they require in the most economical fashion, and any streak that is left is a very special roast beef that can be served the next day with a salad.

## Cooking Tips:

Always use tongs when turning food on the barbecue. Forks perforate the meat releasing the juices. When cooking these rump steak slices. When cooking these rump steak slices on the barbecue keep the lid closed as this reflects the heat down and so aids the cooking process. If in doubt refer to your barbecue manual.

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