

Beef Steak Broiled 2

Written by Friends' Contribution

Ingredients

Quantity	Measure	Ingredients
1	Kilogram	Beef - Rump
5	Grammes	Butter
1	Tablespoon	Pepper Powder
1	Teaspoon	Salt

Method

Cut the meat in quarter inch thick slices and wash. On a bar-b-que with live coals in the tray, place the meat pieces rubbed with butter, on the gridiron. Fan the coals and keep them alive. Turn the meat pieces over and over again, for about twenty minutes.

Remove on a flat dish, sprinkle salt and pepper powder, and serve with tomato sauce.