

africola recipes

"TANDOORI" WAYGU SIRLOIN STEAK WITH GARLIC CREAM AND HARISSA

"Theres nothing better than a big steak on the BBQ for Christmas, this method is slightly left of centre but well worth doing. Impress your friends and family and post it on your social media and let everyone else get FOMO while you smash it."

Ingredients:

2 tbsp mustard seeds

2 tbsp fennel seeds

2 tbsp freshly ground black pepper

1 tbsp white peppercorns

1 1/2 tbsp sea salt flakes

1 tsp hot pepper flakes

1/4 tsp cayenne pepper

2 large Waygu sirloin steaks

1 tbsp extra virgin olive oil

2 small white onions

1 cup garlic cloves (4 1/2 ounces; 130g)

2 teaspoons sea salt flakes

1/4 cup (60g) fresh lemon juice from about 2 lemons, divided

1/4 cup (60g) ice water, divided

3 cups (600g) neutral oil, such as grapeseed or canola oil, divided



Duncan Welgemoed

South African by birth, Duncan was head chef at The Goose at Britwell Salome, Watlington, Oxford when it was awarded a Michelin star in 2005. In early 2010, he arrived in South Australia and opened Africola in 2014. Over the years, Duncan has become Adelaide's (un)official spirit animal - mythical beast, troublemaker, conversation starter. His latest restaurant, Africola, tells a story close to his heart. It has since been awarded 4.5/5 Australians by The Australian's food editor John Lethlean, featured in countless magazines, newspapers and TV shows around the world and frequented by rockstars and celebrities alike. His new book, Africola has already gone on to be an instant best seller and Duncan himself is showing no signs of slowing down.



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Method:

For a quick harissa, blitz together 4 long fresh red chillies, 2 garlic cloves, crushed, 1 tsp salt, 1 tsp ground cumin, 1 tsp ground coriander, 1 tbsp olive oil and set aside.

For the garlic cream, place the de-germed garlic and kosher salt in the bowl of a food processor. Pulse garlic in short bursts until finely minced, occasionally removing the lid to scrape down the sides of the bowl with a flexible rubber spatula. Add 1 tablespoon lemon juice and continue processing until a paste begins to form. Add another tablespoon lemon juice and process until completely smooth and slightly fluffy. Add the mustard seeds, fennel seeds and the pepper and cook for 1–3 minutes until fragrant and lightly toasted, stirring with a wooden spoon. Do not let burn. Transfer the spices to a heatproof bowl to cool, then place in a spice grinder. Grind in short bursts until a coarse powder forms. Add the salt, pepper flakes and cayenne.

With the food processor running, slowly drizzle in 1/2 cup oil in a very thin stream, followed by 1 tablespoon lemon juice. Repeat with another 1/2 cup oil and remaining 1 tablespoon lemon juice. Continue the process, alternating 1/2 cup oil and 1 tablespoon water, until all the oil and water have been incorporated. Transfer to a container and store in the fridge for up to 1 month. Brush the meat on all sides with the olive oil and generously season with the spice rub.

If using a barbecue, place firelighters under a few pieces of dried logs in the barbecue and burn until the whole logs are red hot and glowing. Cut your onions in half, drizzle with olive oil. Place the logs on top of the grill and place the meat and onions flat side down straight on top of the wood. This acts like a ghetto tandoor and works perfectly because the flavour of the wood permeates through the beef and onion. Brown for 3–4 minutes each side, then rest. Carve the steak against the grain saving all the juices to spoon over at the end. Spoon the garlic cream on the bottom of the plate, steak on top of the cream and burnt onion on top of the steak with a dollop of the harissa. Lavish with the saved juices and serve. If using a grill, heat to high and cook the meat until evenly caramelised on both sides – about 5 minutes total for medium-rare.

