

Freestyle – Lance Rosen

BBQ Surf & turf platter for 2

Peppered eye fillet, caper & garlic prawns, beetroot cured salmon with horseradish & dill

Tajin spiced spring salad with citrus dressing

Steak ingredients

1 eye fillet or your preferred cut of steak

1 tbs Big Boy BBQ lipstick

2 tbs Big Boy BBQ Brisket rub

Cracked pepper, coarse and fine

Olive oil

Olive oil spray

Butter

Maldon salt, plain or smoked

Salmon ingredients

300g salmon

1 L water

100g salt

50g sugar

Dill stalks

1 large beetroot (peeled and grated on the coarse side of a block grater)

Dill sprigs

Prawn ingredients

5 tbs butter

2 cloves garlic, sliced fine

1 tbs capers in salt (not vinegar)

1 lemon, juiced

1 large tomato, diced, skin left on

Parsley, cut fine

6 prawns (or more)

Salt to taste

Salad ingredients

Tajin spices, purchase from a Latin grocer, deli or good bottle shop

3 navel oranges

1 lime

3 tbs lemon olive oil

200g watermelon

1 – 3 jalapeños, sliced into fine rings

3 Lebanese cucumbers, partially peeled, deseeded and sliced

½ mango, sliced

100g cantaloupe, sliced

Parsley to garnish

Chilli flakes

Maldon salt – smoked or plain

To serve Ingredients

Hot English mustard

Creamed Horseradish

Steak method

Dry brine cure the steaks with Big Boy BBQ lipstick for 15 minutes

Rinse off cure and pat dry

Reserve until ready to cook

Season the fillet by rubbing with olive oil then with Big Boy BBQ Brisket rub and extra pepper (as much as you like, I'm a pepper freak so I go crazy)

Place the steak on a cold grill together with the cured salmon

Add a smoke tub with pellets and cold smoke for 30 mins – 1 hour

Add a chimney of lit coals to the bed of unlit lump coal (or briquettes)

Grill the fillet to desired doneness, rest with a pat of butter on a plate to catch any juices

Sprinkle with Maldon salt to finish

Beetroot cured salmon method

Make the brine by boiling the water, sugar and salt together and allow to cool completely

Grate the beetroot into a dish

Add some dill sprigs and mix

Place the salmon in the dish and surround with the beetroot

Add the brine liquid until just covered

Brine for a minimum of one hour to a maximum of 3 hours

Remove the salmon and pat dry

Discard the brine and all the used ingredients

Pick or chop some fresh dill sprigs onto the salmon

Place the salmon on a rack on the grill

Cold smoke with the steak for a minimum of 30 minutes then remove from the smoker until the steak is almost cooked

Prawn method

Peel the prawns and partially butterfly

Rinse the capers

Dice the tomatoes

Chop the parsley fine

Peel and slice the garlic as fine as you can

Season the prawns with salt only and grill until just cooked then reserve them

Heat the cast iron pan

Add the butter until it starts to bubble

Add the garlic and cook until the garlic is very light golden

Do not burn the garlic as it will become bitter

Add the capers and tomato as soon as the garlic is light golden

Add some lemon juice to stop the cooking and season with salt

Add the chopped parsley

Add the grilled prawns back into the mixture with any juices that have come out of them

Reserve this mixture to serve

Once the steak is almost to your required doneness, place the salmon (on the rack) indirectly over the heat next to the steak

Cook the salmon until your preferred doneness. I prefer to have it slightly underdone as it will rest through

Reserve until serving

Slice and place on the platter

Salad method

Peel and chop 2 of the oranges and lime and place in a bowl with a drizzle with lemon olive oil

Squeeze the remaining orange to make juice

Add the juice to the cut fruit

Add the diced watermelon, sliced jalapeño, sliced cucumber, mango and cantaloupe into the bowl and toss

Add the Tajjin spice to taste

Sprinkle with parsley, chilli and Maldon salt

To serve slice the fillet and season the cut edges with sea salt, arrange the meats on a platter with the salad as garnish

I serve the prawns in their own dish so that I don't lose any of the garlic caper sauce

Schmear some hot English mustard and creamed horseradish on the plate

Drizzle the lemon olive oil over the platter, sprinkle with Tajjin spice and serve