



SOUTH AFRICAN

Braai T-bone with Monkey Gland Sauce

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	10 min	30 min	Grill	T-bone & porterhouse

Ingredients

- 2 T-bone steaks, about 500 g (1 lb 2 oz) each and 3 cm (1¼ in) thick
- 1 tbsp coarse salt
- 1 tsp black pepper
- 1 tbsp oil

MONKEY GLAND SAUCE

- 1 tbsp oil
- 1 onion, finely chopped
- 2 cloves garlic, minced

MONKEY GLAND SAUCE (CONT.)

- 120 ml (½ cup) tomato ketchup
- 60 ml (¼ cup) chutney, preferably Mrs Ball's or another fruity apricot chutney
- 2 tbsp Worcestershire sauce
- 2 tbsp brown sugar
- 2 tbsp red wine vinegar
- 1 tsp soy sauce
- 120 ml (½ cup) water or red wine

Steps

1. Start the sauce in a saucepan over medium heat with the oil. Cook the onion for 5 minutes until soft and golden, then add the garlic for 1 minute.
2. Stir in the ketchup, chutney, Worcestershire, sugar, vinegar, soy and water. Simmer gently for 15–20 minutes until thick and glossy, stirring often. Keep warm. (There is no monkey in it; the name is a joke.)
3. Rub the steaks with the oil, then season both sides with salt and pepper. Leave them out for 45 minutes.
4. Build a wood or charcoal fire for a braai, and let it burn down to glowing, ash-covered coals, about 30 minutes. Hold your hand 10 cm (4 in) above the grate: you should manage 3–4 seconds.
5. Set the steaks over the coals and grill for 4–5 minutes per side, until nicely charred. Turn only once. Trim any flare-ups with a little spray of water.
6. Cook to 52–54°C (125–130°F) in the thickest part for medium-rare. Rest the steaks on a board for 5 minutes.
7. Serve whole with the warm sauce spooned over or on the side.

Notes

- **Make ahead:** the sauce keeps a week in the fridge and freezes for 3 months; reheat until steaming hot before serving.
- **Gas grill:** works fine, medium-high with the lid open; add a handful of soaked wood chips for a bit of smoke.
- **Serving:** pap or pap en sous and a tomato-onion salad.

- **Chef's touch:** salting 45 minutes ahead lets the salt pull out moisture and then soak back in, seasoning deeper and drying the surface for a better char.