



GREEK

Ladolemono T-bone

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	2	10 min + 1 hr	12 min	Grill	T-bone & porterhouse

Ingredients

- 2 T-bone steaks, about 400 g (14 oz) each and 3 cm (1¼ in) thick
- 1 tsp coarse salt
- ½ tsp black pepper
- 1 tsp dried Greek oregano

LADOLEMONO

- 80 ml (⅓ cup) extra-virgin olive oil
- 3 tbsp lemon juice (about 1 lemon)
- 1 clove garlic, finely grated

LADOLEMONO (CONT.)

- 1 tsp dried oregano
- ½ tsp salt
- 1 tbsp chopped parsley

TO SERVE

- Lemon wedges
- Roasted or fried potatoes
- Tomato and cucumber salad

Steps

1. An hour before cooking, rub the steaks with the coarse salt, pepper and oregano. Leave them at room temperature.
2. Make the ladolemono: whisk the oil and lemon juice vigorously, or shake in a jar, until it turns pale and emulsifies. Stir in the garlic, oregano, salt and parsley. Set aside.
3. Heat a charcoal or gas grill to medium-high, until you can hold your hand over the grate for no more than 3 seconds.
4. Grill the steaks for 4–5 minutes per side, turning once, until charred in places and 52–54°C (125–130°F) in the centre for medium-rare.
5. Brush the steaks with a spoonful of the sauce in the last minute of cooking.
6. Move the steaks to a board and rest for 5 minutes.
7. Cut the meat off the bone and slice it across the grain. Arrange on a platter, spoon the remaining ladolemono over the slices, and serve with lemon wedges and the sides.

Notes

- **Make ahead:** the sauce keeps in the fridge for 3 days; whisk it again before using.
- **Other cuts:** it also suits lamb chops, chicken, grilled fish and vegetables, as the dressing is the all-purpose Greek one.
- **Oregano:** dried Greek oregano on a branch is the most fragrant; crumble it between your fingers.
- **Chef's touch:** whisk 1 tbsp cold water into the oil and lemon juice; it makes the emulsion creamier and less likely to split.