



CANADIAN (MONTRÉAL)

Montreal Steak Spice T-bone

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

- 2 T-bone steaks, about 450 g (1 lb) each and 3 cm (1¼ in) thick
- 1 tbsp oil
- 1 tbsp butter, to finish

MONTREAL STEAK SPICE

- 1 tbsp coarse salt
- 2 tsp coarsely cracked black pepper

MONTREAL STEAK SPICE (CONT.)

- 1 tsp coarsely ground coriander seed
- 1 tsp garlic granules
- 1 tsp dill seed
- ½ tsp paprika
- ½ tsp crushed red pepper flakes
- ½ tsp onion granules

Steps

1. Mix all the spice ingredients in a small bowl. This makes enough for 4 steaks; the extra keeps in a jar for months.
2. Pat the steaks dry and rub them with the oil. Press about 2 tsp of spice mix into each side, covering the surface well. Leave at room temperature for 45–60 minutes, a quick dry brine that seasons the meat.
3. Heat a charcoal or gas grill to high. Clean and oil the grate.
4. Grill the steaks for 4–5 minutes per side, turning once, until a dark crust forms and juices pool on top. The pepper and garlic will blacken slightly, which is the point.
5. Check the centre: 52–54°C (125–130°F) is medium-rare. If the outside darkens too much, slide the steaks to the cooler side of the grill with the lid closed to finish.
6. Put a little butter on each steak and rest for 5–8 minutes while it melts.
7. Carve the meat off the bone and slice it against the grain.

Notes

- **Store-bought:** a jar of Montreal steak seasoning is fine; use 1 tbsp per steak and skip extra salt.
- **Indoor:** a cast-iron pan on medium-high heat works, but expect smoke from the spices.
- **Serving:** a classic with a baked potato and coleslaw, or a toasted bun if you want a steak sandwich the next day.
- **Chef's touch:** rest the steaks on a wire rack, not a plate, so the peppery crust stays crisp.