

Barbequed Bavette Steak with Anchovies, Red wine and Garlic

This is a French cut of meat that in Britain would be the skirt nearer the hind leg. Flavoursome, juicy and tender, it is reasonably priced and perfect for casting on to the glowing grey and orange embers of a barbecue. The marinade has serious attitude and is not for wimps. This is my favourite preparation of beef when cooking outside.

Serves: 4 people

Ingredients:

1tbsp	Dijon Mustard
½ 75cl btl	Cotes du Rhone Red Wine
5 Sprigs	Rosemary
1 bulb	Garlic
2tbsp	Olive Oil
Good amount	Ground Black Pepper
1	Lemon (Juiced and Finley grated rind)
100g	Anchovies in olive oil (Well Drained)
1 x 1kg	Beef Skirt (Bavette Cut)

Method:

- Strip the leaves off the rosemary. Peel and chop the garlic with the leaves and do not rest until all is microscopically fine.
- In a frying pan, heat the olive oil with the anchovy fillets over a medium heat. They will start to spit and when stirred with a wooden spoon will collapse. At this point add the garlic and rosemary, and continue to fry gently for a minute or so while keeping everything moving. The garlic should not colour.
- Stir in the mustard, wine, pepper and everything to do with the lemon. Try not to use that pot of grey brown mustard that's half empty with a grizzled lid; you need good fresh stuff.
- Turn down the heat and let everything simmer until you are left with about half the liquid. Allow the marinade to cool.
- Cut the beef into 2 pieces and put in a large ceramic or glass dish. Pour over the marinade and mix all together thoroughly. Cover and leave in the fridge for a minimum of 2 hours, but no more than 4, turning once or twice.
- Light the barbecue 30 minutes before you want to start cooking.
- When the flames from your barbecue have died and the white coals are pulsing out their intense heat, cast on the bavette. Don't go prodding at it in that outdoor-cooking male way; just leave it for 3 minutes or so (more for well done) before turning it over. Paint over a little more mix on the cooked side and after 2 more minutes flip it again for 30 seconds or so. It is best cooked medium to rare. Rest for 4-5 minutes before carving at a slight angle.
- Serve with the rest of the wine, some good crusty bread, salad and a jar of Dijon mustard.