

D.I.Y.

GOURMET STEAK SANGA

IN OUR FIRST INSTALMENT OF 'GET STUFFED', CHEF NEIL SHOWS US HOW TO MAKE THE BEST STEAK SANGA THIS SIDE OF WOLF CREEK



1 NUKE IT
Stay clear of scotch fillet. For a really tender steak, go for flank, rump or oyster blade. Brush with oil, throw on the grill and sear on one side. When blood beads on the second side, it's medium-rare.



2 TOAST IT
Franchise steak restaurants sometimes drizzle vegie oil on bread as they toast it. Big mistake! The chemical composition of polyunsaturated oils changes with heat. It can easily go toxic and tastes foul.



3 SLICE IT
I spent the first year of my apprenticeship chopping vegies - it made me the man I am today. Keep the onions thin and the beetroot and tomatoes thick, like people who chop vegies for a living.



4 SPREAD IT
Add crushed garlic to mayo and you've got aioli. Spread a huge dollop on the toast. Notice the steak has been resting on a mesh grill instead of a plate. This allows it to relax and reabsorb lost moisture.



5 CUT IT
Never put an entire steak in a sandwich; it's practically impossible to bite through. Instead, cut it into strips, against its grain, at a 45-degree angle. This shortens the fibres and makes the meat more tender.



6 BUILD IT
Layer the tomatoes, beetroot, onions, meat and rocket, drizzle on some dressing, add pepper 'n' salt and layer a thick portion of your chutney - either tomato or apricot - on the second piece of toast.



7 EAT IT
Someone once told me that if the insides of a sandwich don't run down the front of your shirt, it's no good. This one could end up in your boots!*



THE MAN

Twenty years ago, Neil Gottheiner was a promising law student who moonlighted as a pizza delivery driver. "One day, I realised the food I was delivering was crap and I could do better, even though I didn't know how to cook," he said. So Neil dropped out of uni and signed up for a four-year apprenticeship in a French restaurant, under a psychopath who made Gordon Ramsay look like the Pope. Neil went on to work at some of Sydney's snobbiest restaurants and, in 2006, bought Brown Sugar, a popular grubhouse on Bondi Beach. Brown Sugar specialises in modern Australian classics, stuff like black stone eggs, fish pie and steak sandwiches.

SPARE PARTS

- 150g steak: flank, rump or oyster blade
- 1 Turkish or Sicilian (*scacciata*) bread
- A fistful of rocket, one Roma tomato, one Spanish onion and a beetroot
- Tomato or apricot chutney (buy it at the supermarket)
- Aioli (mayo with fresh crushed garlic)
- Salad dressing (balsamic vinegar and olive oil)
- Rock salt and ground black pepper

TOOLS OF THE TRADE

- Chopping board
- Hot grill or barbie
- Sharp chopping knife and bread knife
- Tongs
- Mesh grill for resting the meat
- Set of bowls

TRY THE REAL THING

Brown Sugar (02 9130 1566; www.brownsugarbondi.com.au) is at 106 Curlewis St Bondi. Open for lunch Fri, Sat and Sun. Bookings required most evenings.