



[Recipes](#) > [Burgers](#) > Cape Grim Beef Flat Iron Burger

CAPE GRIM BEEF FLAT IRON BURGER



An exclusive recipe by Jesse McTavish,
Executive Chef Kettle Black

"The Cape Grim Flat Iron steak comes from one of the most pure places on the planet. Clean air, native grasses, ample grazing space, no antibiotics and a processing plant of the highest standards make using this cut in a beautiful dish possible." - Jesse McTavish



INGREDIENTS

To make 4 burgers you will need 600g of Flat Iron Steak (prepared from the oyster blade). Ask your butcher for it.

Mustard, Relish and Garnish details below.

Serves: 4

METHOD

Season the flat iron steak with salt and pepper. Prepare a hot flat grill, BBQ or pan. Add grapeseed oil to the pan and add the steak. Cook the steak for 2 minutes each side, remove from pan and rest for 3 minutes. After resting the steak slice across the grain of the beef in 3-5mm slices. This will break the connective tissue and collagen so that it will be tender.

House Made Mustard

Soak mustard seeds over night in water and salt. Strain and mix with quality wine vinegar, grated fresh horseradish and more salt to taste. Leave to mature in flavour and heat for 5 days. Fold the mustard through a home made mayonnaise for the sandwich.

Seasonal Fruit Relish

Add 1kg diced nectarine to 1 whole sautéed red onion, add equal parts sugar and vinegar to taste. Season. Cook relish until it is a jam consistency, set aside and cool.

Charcoal Bun

These days burger buns can be varied in flavour and texture – I like to use a brioche bun and then I add some activated charcoal dust to the bun for something different.

Purslane Garnish

Although sometimes considered a weed, Purslane is a popular vegetable and herb in many countries. The leaves and stems are crisp, chewy, and succulent, and they have a mild lemony taste. We source it from our farm in Cape Schanck on the Mornington Peninsula.

TIPS

1. Temperature of the pan. It must be hot, if the steak 'stews' it will be tough.
2. Resting the steak. Those juices need to settle down as the muscle relaxes
3. Slicing - You must cut against the grain.



We hope you enjoy making and eating - this Cape Grim Beef dish. The array of recipes are updated continuously so please check the website for new additions.

Don't forget to sign up to the mailing list for our newsletter featuring farmer profiles, exclusive recipes, new products and retail and restaurant options for enjoying Cape Grim Beef.