

The Camping Detective Outdoor Camping Recipes.

Recipe #5: Perfect Outdoor Steak with Fried Potato.

Ingredients:

1 large or 2 smaller cuts – Rib-eye or Porterhouse Steak (usually less than 1 inch thick)
1-2 cloves– thinly sliced garlic
2 slices – onion
1-2 cups – pre-cooked, sliced potatoes
olive oil
1 tbsp – butter
Salad – the type of your choice

Spices used:

Salt & Pepper (both fresh ground if possible) plus Rosemary (dried or fresh is fine.)

Salad:

A little bit of olive oil poured over spinach, mache' or romaine lettuce, with a dash of sea-salt.

Preparation: (Overall cooking time – about 10-12 minutes)

1 – Heat up the portable camping grill or start a campfire. (If grilling over a campfire...start earlier and get some good hot coals going. You don't want flames hitting the griddle.)

Note: The steak will cook more evenly if it is NOT ice cold when you put it on the grill. It takes a long time for the inside of the steak to heat up. This will avoid ending up with a steak that looks done on the outside but is still raw on the inside!

2 - Put (2) tablespoons of olive oil in a small dish. Add the rosemary and garlic to the olive oil. Set it off to the side.

3 – Begin preparing the steak by rubbing both sides of the steak with olive oil. Then, season both sides of the steak with coarsely ground pepper.

4 – Once the griddle is really hot, place the steak on the griddle. (Check the time.)

5 - After (2) minutes of searing the steak, grab some tongs, gently turn over the steak. (Don't splash oil & grease on your clothes.) I know I don't go camping with a cooking apron!

(Looking at the steak, it should have a nice brown color with the pepper stuck to the meat.)

Now add some coarse ground sea-salt to the steak. (Check the time.)

6 – After another (2) minutes of searing the other side turn over the steak. Take the little mixture of olive oil, rosemary and garlic. Gently pour that over the steak. With a fork, spread the mixture evenly over the steak if you need to. (Not too much though! You don't want a lot of that mixture to run onto the griddle.)

7 - Now is a good time to put a little olive oil on the griddle next to the steak. Throw on the sliced onion. Simmer the onions. Once the onions simmer and begin to smell good. Add the sliced potatoes. Stir the onions with the sliced potato. Flip with the spatula as needed until the potatoes are hot. Add salt if needed.

8 - After (2+) minutes turn over the steak. Take the remaining mixture of olive oil, rosemary and garlic. Pour and spread that over the steak with the fork.

9 - Turn over the steak one last time. If you like, put a couple pieces of butter on the steak. Once the butter is melted put the steak on a plate. Cut the steak. It should be nice and pink on the inside. (Cooked Medium.)

The onions and potatoes should be done now as well. (Total cook time, 10-12 minutes)

Serve the perfect steak!

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