

Beer marinated Steak skewers

1 can or bottle of beer (a stout would go well here)

1 onion, sliced

2 cloves garlic, crushed or grated on micro-plane

1 tsp dry mustard powder

Pepper - Fresh ground, as much as you like

1 round steak (or other marinating steak of your choosing: I used and inside round marinating steak)

a whole bunch of bamboo skewers

Trim the steaks of any visible fat or silvery skin (this stuff just means chewy steak) then place the steak into a zip top freezer bag (or other container for marinating).

Place in the fridge for a couple of hours, or overnight. (You can cut the steak into strips for skewers then marinate the strips. This would be good if you are planning on marinating for a short time.)

Take the steak out of the marinade, pat it dry and place the steak in the freezer to firm up while you soak the wooden skewers in water (soaking the wooden skewers helps prevent them from burning).

After 15 minutes in the freezer, the steak will be firm enough to slice thinly and neatly so take the steak out of the freezer and using your sharpest knife, slice the steak thinly (less than ½cm but not paper thin).

After slicing and letting the skewers soak for half an hour, thread the steak strips onto the skewers, sprinkle with a healthy dose of fresh ground black pepper and some salt.

BBQ until cooked through. (If you find the skewer handles are burning, place tin foil under the ends.)

Serve with your favourite steak sauce for dipping!