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Italian Chamber of Commerce of Ontario (Italian offices) Milano - Udine - Verona

Bistecca Fiorentina

Serves 4

1 Pc	T-bone steak, About 3 inches thick and 3 pounds
2 Tbl.	Balsamic Vinegar
3 Cloves	Garlic – Minced
5 Sprigs	Fresh Thyme – Washed, Picked And Chopped
1 Bunch	Fresh Rosemary
1 Bunch	Fresh Sage
4 Tbl.	Good Extra Virgin Olive Oil
Kosher salt & freshly ground black pepper, to taste	

Preheat your barbecue so that the grills are very hot, then turn the heat down to low.

While the grill is getting hot, marinade the meat with the balsamic vinegar, garlic, fresh thyme and a generous amount of salt and pepper. Allow the meat to come up to room temperature before you start cooking.

Tie the rosemary and sage bunches together with butcher's twine to form an herb brush. Use the herbs to brush the steak with olive oil.

Place the steak on the grill, and try not to move it too much. Only move the steak if you get large flames that shoot up from the grill.

Continue brushing the steak with oil using the herb brush.

After about 5 minutes, rotate the meat on the grill to make the cross marks on the steak. Cook another 5 minutes.

Flip the meat over, brush with the oil and cook about 3 minutes.

Rotate the meat and cook for another 3 minutes.

Remove from heat and rest meat for 5 minutes before carving and serving.