



BARBECUED BEEF WITH SESAME AND GINGER (Original)

- 1 pound boneless pork or rib eye roast
- ¼ cup sesame oil
- 1/3 cup Cattle Boyz Original BBQ Sauce
- 2 cloves garlic, crushed
- 2 tablespoons grated, fresh ginger
- 1 tablespoon lemon juice
- 2 tablespoons chopped fresh onions

Trim the beef of any excess fat and sinew. Combine the sesame oil, Original BBQ Sauce, garlic, ginger, lemon juice, and green onions in a glass or ceramic dish. Add the beef and coat well with the marinade. Cover and refrigerate for at least 2 hours, or preferably overnight. Drain and reserve the marinade. Preheat a lightly oiled barbecue to high. When it is very hot, add the beef and brown on all sides to seal the meat. Remove the roast, wrap in foil and cook on the barbecue, turning occasionally, for another 15-20 minutes, depending on how rare or well done you like your beef. Rest the beef for 10 minutes before slicing. Meanwhile place the reserved marinade in a small saucepan and boil for 5 minutes. Drizzle over the beef just before serving. Serve with a fresh mixed salad, if desired. Serves 4