Crying Tiger Steak with Honey Chilli Dipping Sauce

EASY • 50 MINS

This Crying Tiger Steak by chef @erik_ortolani is all about the sauce. Capilano Pure Honey is used in both the steak marinade and the Thai-style dipping sauce, balancing the salty fish sauce, fresh lime and chilli with just enough sweetness. Spoon it generously over slices of charred, juicy scotch fillet... or keep it on the side for dipping, yum!



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	35 mins	15 mins	2

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Ingredients

Steak

- 2 x 250g scotch fillet steaks
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- 1 tbsp Capilano Pure Honey
- Crushed black pepper, to taste

Crying Tiger Sauce

- 2 tbsp fish sauce
- 2 tbsp fresh lime juice
- 1 tbsp Capilano Pure Honey
- 1 tbsp toasted rice powder
- 1 tsp chilli flakes
- 1 tbsp coriander, finely chopped
- 1 tbsp shallot, finely sliced
- 1 garlic clove, finely grated

Method

1. Place the steaks in a shallow dish. Add the fish sauce, soy sauce, Capilano Pure Honey and black pepper, then turn the steaks until evenly coated. Cover and marinate in the fridge for 30 minutes.

2. Meanwhile, combine all the Crying Tiger Sauce ingredients in a small bowl. Mix well and set aside to allow the flavours to develop.

3. Remove the steaks from the fridge and preheat a barbecue grill or frying pan over high heat.

4. Cook the steaks for 3–4 minutes on each side for medium, or until cooked to your liking. The honey will help the outside develop a deep, caramelised char.

5. Transfer the steaks to a plate and rest for 5 minutes.

6. Slice the steaks against the grain and serve with the Crying Tiger Sauce for spooning or dipping.

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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