

Picanha |

Recipe for 4 servings

Description

Picanha can be hard to find, but can sometimes be found in a top sirloin.

Note

Remember to take the meat out about 30 minutes before cooking to temper it.

Ingredients

Picanha

- 400 Gr Boston steak
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **30 mins**
- Preheat your **grill** at **500 F°**
- Resting time **5 mins**

Pincanha

Start by preparing the meat. Place the meat fat side up on a cutting board and trim the fat cap, if necessary, to about 1/4 to 1/2 inch thick. Then turn the meat over and remove any connective tissue. Cut the meat into equal-sized portions, each about 1 inch thick. Fold each piece into a "C" shape, so that the fat side forms the outer curve. Then thread a skewer through the meat to hold it in this shape. Be sure to use a skewer with a wide, flat blade to support the weight of the meat. Finally, coat all sides of each piece of meat with salt. Place the skewer on the grill, keeping it about 10 inches from the charcoal and turning the skewers about once a minute while the meat cooks. The fat will eventually melt into the meat and turn golden brown. Remove the meat from the grill and check for doneness (52°C) by cutting into the outer layer of a steak. When the meat reaches the desired doneness, place it on a serving platter and let it rest for at least 5 minutes before carving.

Bon appétit!