

PICANHA STEAK

FRY / GRIDDLE / BBQ



FOR BEST RESULTS, FRY/GRIDDLE THIS CUT

CORE TEMPERATURES	OUT OF THE OVEN	AFTER RESTING
RARE	48-50°C	52-54°C
MEDIUM RARE	52-54°C	56-58°C
MEDIUM	58-60°C	60-62°C
WELL DONE	65-68°C	70-75°C

The core temperature is taken with a thermometer from the very centre of the meat.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

Jeff Baker

Executive Development Chef

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METHOD

- 1 Remove your picanha steak out of the packaging, pat dry and bring to room temperature.
- 2 Pre heat a griddle or heavy based frying pan large enough to hold the meat until it sizzles when you add a drop of oil.
- 3 Season the meat liberally just prior to cooking.
- 4 Place the picanha steak on the fat to render before searing on the flat sides then cook over high heat turning the steak a couple of times once a rich, dark crust has formed, reducing the heat if the steak is getting too charred.
- 5 Cook 3 to 4 minutes each side for medium rare, pressing the steak with your thumb it should have a slight spring to touch & a core temperature of 52°C before resting for medium rare.
- 6 Finish by adding a large knob of butter to the pan & basting over the picanha steak for the final couple of minutes.
- 7 Leave to rest in a warm place for half the cooking time before carving.

SERVING SUGGESTION

Serve with chimichurri & mixed leaves.

