



PORTUGUESE

Bife à Portuguesa

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	15 min + 1 hr marinating	20 min	Pan-fry	Picanha / sirloin cap

Ingredients

- 700 g (1½ lb) picanha, cut into 4 steaks about 2 cm (¾ in) thick, fat cap left on
- 4 cloves garlic, 2 crushed, 2 sliced
- 2 bay leaves
- 1 tsp sweet paprika
- 120 ml (½ cup) dry white wine
- 3 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- 2 tbsp butter
- 4 slices presunto or prosciutto (optional)
- 4 eggs
- 2 tbsp chopped parsley
- Fries and a simple salad, to serve

Steps

1. Rub the steaks with the crushed garlic, paprika, salt, pepper and bay leaves, then pour the wine over. Marinate for 1 hour at room temperature or 4 hours in the fridge. Pat dry before cooking.
2. Heat the oil in a large heavy skillet over medium-high heat. Pan-fry the steaks for 3 minutes on the fat side until golden, then 2 to 3 minutes on each cut side until browned and medium-rare. Set aside on a plate.
3. Pour off most of the fat but leave the browned bits. Lower the heat to medium and add the butter and sliced garlic. Cook 30 seconds until fragrant.
4. Add the marinade liquid with a splash of water, scrape up the bits, and simmer 3 to 4 minutes until slightly thick and glossy.
5. Return the steaks and juices to the sauce for 1 minute, turning once, until glazed.
6. In a separate pan, fry the eggs in a little oil over medium heat for 2 to 3 minutes until the whites set and the yolks are still runny. Warm the presunto briefly if using.
7. Plate each steak with a fried egg, a spoonful of sauce and parsley, and serve with fries.

Notes

- **Authentic touch:** many cooks add a drizzle of piri-iri to the sauce.
- **Other cuts:** sirloin or ribeye steaks both work.
- **Serving:** cooked rice and sautéed greens are good alternatives to fries.
- **Chef's touch:** add a squeeze of lemon and the parsley to the sauce off the heat; the acid lifts the garlicky, winery richness.