



## AMERICAN

# Reverse-Seared Picanha Steaks

| COMPLEXITY | SERVES | PREP          | COOK   | TECHNIQUE    | CUT                   |
|------------|--------|---------------|--------|--------------|-----------------------|
| Involved   | 4      | 10 min + 1 hr | 50 min | Reverse sear | Picanha / sirloin cap |

## Ingredients

- 1 picanha, about 1.2 kg (2¾ lb), cut with the grain into 4 steaks 4 cm (1½ in) thick
- 1 tbsp coarse salt
- 1 tsp black pepper
- 1 tbsp neutral oil, for searing
- 3 tbsp butter
- 4 cloves garlic, smashed
- 4 sprigs thyme
- Flaky salt, to finish

## Steps

1. Score the fat cap lightly in a crosshatch. Season all sides with the salt and pepper and leave the steaks uncovered on a rack in the fridge for 1 hour, or up to 24 hours, as a dry-brine.
2. Heat the oven to 110°C (225°F). Set the steaks on a rack over a baking tray.
3. Cook the steaks on the middle shelf for 35 to 45 minutes, until the thickest part reads 46°C (115°F) for medium-rare. This gentle start is the reverse-sear method; the surface will look dry and pale.
4. Remove and pat dry. Heat a cast-iron skillet over high heat for 3 minutes, until smoking.
5. Stand the steaks on their fat caps for 1 minute to crisp, then add the oil and sear each side for 60 to 90 seconds until a dark brown crust forms.
6. Lower the heat to medium, add the butter, garlic and thyme, and tilt the pan to spoon the foaming butter over the steaks for 30 seconds.
7. Check for 54°C (130°F), then move to a board and rest for 5 minutes.
8. Slice thinly across the grain, spoon over the pan butter, and finish with flaky salt.

## Notes

- **Thickness matters:** steaks under 3 cm (1¼ in) cook too fast for this method; use a regular sear.
- **Thermometer:** a probe thermometer takes the guesswork out.
- **Other cuts:** thick top sirloin or tri-tip steaks work too.
- **Make ahead:** the oven stage can be done up to 1 hour ahead, held at room temperature; sear just before serving.
- **Pair with:** crisp roast potatoes and a bitter-leaf salad with a sharp vinaigrette.