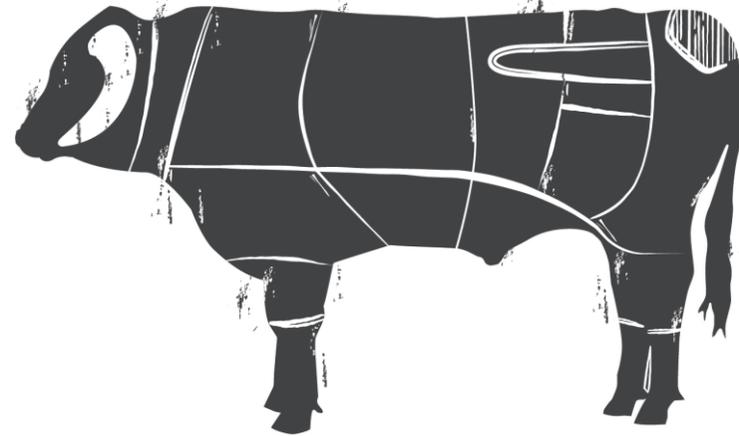




# MAYDENCROFT MANOR

NATIVE BREEDS FARM



## PICANHA

Pronounced 'Pick-anh-ya' known traditionally (and rather prosaically) in the UK as the rump cap. It is a triangular cut from the top of the, yup, rump region of the cow, and it has a beautiful layer of fat. It is not a muscle that moves much during the animal's life, and so remains tender. The Brazilian name is used here as it reflects the extent to which the South Americans really prize this superb cut of beef. It is probably one of the most popular steaks out there, and its popularity has spread to the UK; restaurants specialising just in this Brazilian delicacy have been popping up north and south.

It has a beautiful layer of fat over it, don't trim this off or discard it, this is what helps keep it moist and give it such great flavour! This cut can be treated like a succulent rump steak and panfried to your preference – but we recommend trying it Brazilian style by seasoning with flaky salt then chargrilling over a red-hot BBQ, slicing and serving with a piquant chimichurri sauce.

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## BARBEQUED PICANHA WITH CHIMICHURRI SAUCE

This requires a Barbeque with a really good base of red hot coals.

Add small sweet peppers and corn-on-the-cob to the barbeque and serve with paprika fries.

### INGREDIENTS

2 Maydencroft Picanha steaks (approx. 500gm total).

#### CHIMICHURRI SAUCE

1 shallot

1 small garlic clove, pre-crushed

2 tbsp roughly chopped chives

2 tbsp roughly chopped oregano

2 tbsp roughly chopped coriander

1 lime, zest and juice

1 red chilli deseeded and finely chopped

Flavourless oil such as rapeseed or sunflower

### METHOD

1. Pulse all the chimichurri ingredients in a blender until finely diced (or chop finely by hand), adding just enough oil to make the sauce pourable.
2. Take the steaks out of the fridge to reach room temperature for cooking. Build up a good barbeque to get some red hot ashy coals.
3. Brush the steaks with rapeseed oil on both sides, and season with flaky salt. Using tongs (and gloves!), hold the steaks vertically on the BBQ grill with the layer of fat facing the heat, until it is golden and starting to crisp.
4. Place the steaks flat on the BBQ, a few minutes on each side until cooked to your liking.
5. Take the steaks off the BBQ and don't cover the steaks otherwise the fat will lose its crispness, it should be crisp and lightly charred, and the meat rare to medium rare
6. Slice the steaks so that each slice has a small 'cap' of fat and lay out on a serving platter. Drizzle over some chimichurri sauce, then serve the rest separately. Serve immediately whilst the steak is still warm.

#### CHEF'S TIPS

- Use a very hot griddle or frying pan if you're not barbequing.
- If you need to cook this for more people, using the Maydencroft Beef Box, then rump steaks and sirloin steaks can be cooked in the same way, just ensure to vary the cooking times to match the thickness of each steak. And don't forget to make more chimichurri sauce!
- Salt the steaks immediately before cooking (or as you place them on the bbq), as salt draws moisture out of meat.
- There are a few ways of testing how a steak is cooked, we find the 'thumb test' as reliable as any other, here it is in brief (google for more detail!):

*If you touch your thumb against your index finger and press the soft part at the base of your thumb, you get the same feeling as a rare steak. If you touch your middle finger with your thumb, its firmer, and that'll give you medium rare; touch your ring finger, firmer again – which gives you medium; and finally, with your little finger, that's exactly the same as well done (not recommended!).*

Main Course

Serves 2 people

15 mins prep (+ BBQ prep!) | 10 mins cooking