



BRAZILIAN

Picanha na Brasa

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	15 min + 1 hr	25 min	Grill	Picanha / sirloin cap

Ingredients

- 1 picanha (rump cap), about 1.2 kg (2¾ lb), with the fat cap intact
- 2 tbsp coarse sea salt (sal grosso)
- Lump charcoal
- Farofa (or toasted breadcrumbs, see Notes), rice, cooked beans and vinaigrette (salsa de vinagrete), to serve

VINAIGRETTE

- 2 tomatoes, finely diced
- 1 small onion, finely diced
- 1 green pepper, finely diced
- 3 tbsp white wine vinegar
- 3 tbsp olive oil
- ½ tsp salt

Steps

1. Mix the vinaigrette ingredients and leave at room temperature while you cook.
2. Slice the picanha with the grain into 3 to 4 thick steaks, about 3 cm (1¼ in) each, keeping the fat cap on every piece. For skewers, cut into steaks and fold each into a C on a skewer.
3. Score the fat in a crosshatch pattern without cutting into the meat. Salt generously on both sides about 30 to 60 minutes before cooking.
4. Light the charcoal and let it burn to ash-grey. Spread the coals evenly and set the grate about 15 cm (6 in) above them.
5. Place the steaks fat side down for 4 to 5 minutes, until the fat renders and turns golden and the flames die back. Rendering fat will cause flare-ups, so move pieces aside as needed.
6. Flip and grill the meat side for 3 to 4 minutes until the surface is browned and the centre feels springy, about 55°C (130°F).
7. Rest 5 minutes, then slice thinly against the grain, keeping a strip of fat on each slice.
8. Serve with farofa, rice, beans and the vinaigrette.

Notes

- **Churrasco style:** slice from the outside inward as it cooks, so each guest gets fresh pieces.
- **Can't find farofa?** Toast 1 cup panko in 2 tbsp butter over medium heat for 3 to 4 minutes until golden, and season with a pinch of salt; it is crunchier and less nutty.
- **Gas grill:** use medium-high heat and the same timings.
- **Other cuts:** top sirloin cap or tri-tip also work.
- **Pair with:** garlicky sautéed collard greens (couve), the classic Brazilian partner for churrasco.