

Herb Crusted Picanha Roast w. Red Wine Reduction



Ingredients:

3 lb Picanha Roast (with a nice fat cap aka Sirloin Cap)
1/3 cup EVO oil
2 tbsp fresh Thyme, chopped
3 tbsp fresh Rosemary, chopped
3 tbsp of fresh Parsley, chopped
3 tsp Sea Salt
1 tsp Pepper
1 tsp granulated Garlic

Directions:

Using a sharp knife, trim the fat cap to between 1/4 and 1/2 inch.
Gently cut a crosshatch pattern into the top of the fat cap of the picanha roast, making sure to not cut all the way through to the meat.
Use Butcher's twine to pull the roast together, a light tie in 3 sections does the trick.
Combine the olive oil, herbs and seasonings together in a small bowl.
Evenly rub the herb mixture into the crosshatched fat cap of the roast.
Spread herbs across the entire roast.
Wrap the roast in plastic wrap and refrigerate for at least 2 hours (up to 8).
Remove roast and allow to sit out for 45 to 60 minutes.
Preheat your oven to 350°.
Heat an oven-proof skillet over medium-low heat on the stove top.
Sear the picanha fat side down to start to render the fat and get the crust golden brown, about 4-5 minutes.
Watch closely to make sure the herbs do not burn.
Flip the picanha over to have the fat side up.
Transfer the skillet to the oven and roast for 35-40 minutes or until an internal temperature of 130 in the thickest part of the meat for a medium-rare roast.
Check it after 25 to 30 minutes.
Allow the picanha to rest for 10-15 minutes.
Slice against the grain, about 1/2" thick.
Serve 3 slices per plate, garnished with fresh parsley.

Red Wine Reduction

Ingredients:

2 1/2 cups of Red Wine – Cab, Pinot or Merlot
1/2 cup minced Shallots
2 cups hot Water
2 tbsp Beef Bouillon
4 tsp cracked pepper, large grind or crushed
1 1/2 tsp Sugar
8 tbsp unsalted Butter, cold and cubed

Directions:

Add the red wine and shallots to a small saucepan and bring to a boil.
Reduce the liquid by half, about 8-10 minutes.
Dissolve Beef Bouillon in water.
Add the Beef broth, pepper and sugar to the pan and bring to a boil.
Reduce by half, about 5 minutes.
Remove the saucepan from the heat and slowly whisk in the butter, 1 tbsp at a time.
Serve immediately.