HOT-GRILLED RIBEYE STEAK ON THE BBQ

A ribeye with a proper crust and a juicy, pink centre, in just over a quarter of an hour on a hot BBQ. You grill it over direct heat, let it rest and refresh the crust just before serving. That keeps the outside crisp.



INGREDIENTS

For 4 people

Baking and cooking times apply to the original quantity.

- 4 boneless ribeyes of about 275 g each, 3 to 4 cm thick, unbrined and unseasoned, not needle-tenderised or injected
- 7 g fine salt (6 g per kg of meat)
- 1 tbsp neutral oil, such as sunflower oil
- 2 tsp freshly ground black pepper
- 30 g unsalted butter, softened (for the herb butter, optional)
- 1 tbsp finely chopped flat-leaf parsley (for the herb butter, optional)
- ½ clove garlic, finely grated (for the herb butter, optional)
- ½ tsp lemon zest (for the herb butter, optional)

HOW TO MAKE A HOT-GRILLED RIBEYE

1. The day before, take the ribeyes out of their packaging and pat them dry with kitchen paper.
2. Sprinkle the salt evenly over every side of the meat.
3. Set the steaks uncovered on a rack over a tray on the bottom shelf of the fridge and let them dry brine for at least 8 hours and no more than 24 hours.
4. Take the meat out of the fridge 1 hour before grilling.
5. Set up the BBQ with a very hot direct zone and a safe zone next to it, where the meat can retreat to.
6. Pat the surface of the steaks dry and brush them with a thin coat of oil.
7. Place the steaks over the hot zone and flip them every 20 to 30 seconds, standing them on their edges too.
8. After about 3 minutes, check the internal temperature in the centre of the thickest muscle.
9. If the crust is done but the centre is still too low, move the steaks to the safe zone and carry on there, going by the thermometer.
10. Pull the steaks off the fire as soon as the centre hits 48 °C (118 °F). The first round of grilling takes about 4 to 8 minutes.
11. Set the steaks uncovered on a clean rack and let them rest for 5 to 8 minutes.
12. Check again: in that time, the centre rises to about 52 to 54 °C (126 to 129 °F).
13. Meanwhile, let the direct zone get fully hot again.
14. Skip the final sear if the centre has already reached 55 °C (131 °F). If the crust has gone soft, grill the steaks for 15 to 30 seconds per side over the hot zone, and stop as soon as the crust looks good.
15. Grind the pepper over the meat.
16. Slice the steaks against the grain only right before eating, and serve them straight away.