BBQ+

RECIPE

REVERSE SEAR RIBEYE ON THE BBQ

A thick ribeye cooked evenly from edge to edge, with no grey band under the crust. You cook it gently over indirect heat first and only sear it at the very end, hot and fast. Salt, pepper and a good thermometer: that is all you need.



INGREDIENTS

For 4 people

Baking and cooking times apply to the original quantity.

- 2 boneless ribeyes of about 500 g each, 4 to 5 cm thick, unbrined and unseasoned, not needle-tenderised or injected
- 6 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)
- 1 small chunk of cherry or oak wood (optional)

HOW TO REVERSE SEAR A 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 cooking.
5. Set up the BBQ for indirect cooking at 120 °C (250 °F), with a direct zone covering a third of the grate next to it.
6. Add the smoking wood to the glowing coals if you want a touch of smoke.
7. Place the steaks on the indirect side, close the lid and insert a probe thermometer into the centre of the thickest muscle.
8. Cook the steaks to an internal temperature of 50 °C (122 °F). Allow about 45 minutes, but go by the thermometer.
9. Move the steaks to a clean plate and let the direct zone get as hot as possible.
10. Pat the surface dry and brush the steaks with a thin coat of oil.
11. Place the steaks over the direct zone and flip them every 20 to 30 seconds.
12. Also stand the steaks up briefly on the fat cap and the sides, so the crust browns nicely all the way round.
13. Move the meat to the indirect side as soon as you get flare-ups that won't die down.
14. Pull the steaks off the heat as soon as the centre hits 54 °C (129 °F). The sear takes about 1 to 3 minutes in total.
15. Rest the steaks for 5 minutes. Carryover cooking takes the internal temperature up to about 56 to 57 °C (133 to 135 °F).
16. Grind the pepper over the meat.
17. Slice the steaks against the grain and serve them straight away, with a slice of herb butter if you like.