



Roasted rump cover steak with a garlic and aromatic herbs crust



Categoria
Carne



Tempo de preparação
Médio



Dificuldade
Médio



Custo
Select



Com quem?
Select



Nº de pessoas
4 pessoas

Ingredientes



1dl Gallo Mild Mild

- 1kg Whole 'Picanha' (Rump Cover Steak)
- 25g Chopped Garlic
- Thyme, to taste
- Parsley, to taste
- Salvia, to taste
- Rock Salt, to taste
- Pepper from the Mill, to taste

Modo de preparação

1

Mix the ingredients for the aromatic crust (salt, garlic, aromatic herbs, pepper and half of the Gallo Mild olive oil).

2

On the top side of the 'Picanha' (where the fat is) cut crosses so that the fat is open as far down as the meat.

3

rub the aromatic mixture and place in a 180°C preheated oven with the fat on the top.

4

That way the juices from the crust will season the meat.

5

When taking out of the oven, after 20' baking, add the remaining Gallo Mild olive oil.

6

Slice and serve with a rich rice of vegetables or brown beans. Serve with the sauce of the roast.

Produtos utilizados



Mild

Extra Virgin Olive Oil



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