

Picanha (Brazilian Roasted Rump Cap / Top Sirloin)

<http://wp.me/pWGRR-1ny>



2 top sirloins (~1.5 lbs each)
or one rump cap (~3 lbs)
2 tbsp extra coarse sea salt (or rock salt)
sausages for grilling

Serves four

Sausages might seem out of place with this recipe, but from what I can tell they're an essential part of churrasco – they are used to season the grill before adding the Picanha. Since I'll accept just about any excuse to grill sausages, I don't have a problem with this theory at all. When it comes to choosing salt, look for the chunkiest salt you can find. The larger the salt, the more easily you can make a salty crust on the meat without making the beef's flavor overly salty.

I decided to have a little fun with this recipe so I actually grilled my Picanha over an open fire using my fire pit and a combination of firewood and hardwood charcoal. But the dish can be easily made with a plain charcoal grill or a gas grill on high heat. Either way, prep your grill and get it hot.

Let the top sirloin sit at room temperature for twenty minutes, then slice diagonally into four thick, long chunks. Try to get one big piece of fat in each of the sliced chunks, to maximize flavor. Curl the chunks and skewer with some sturdy metal skewers (although you can also simply grill them like steaks if you don't have skewers). Season generously with the sea salt on each side.

The rest is pretty easy – once the grill is hot, place the sausages on the grill directly over the fire for a couple minutes to sear them, then move them to the edge of the grill to continue cooking. Your cook time for the sausages will depend on whether you're using fully-cooked sausages like us, or raw sausages. Either way it should take between 10-15 mins to cook them.

Once you've moved the sausages to the outside of the grill, let's have the star of the show make an appearance. Place the Picanha directly over the hot part of the fire and roast for about four minutes per side. It'll likely flare up a bit, which is fine since we're looking for a nice salty crust on each side of the meat. Cook to your liking (test for doneness with your finger), remove from the heat, and slice to serve (with [Brazilian collard greens](#) and [cheese buns](#)).