



LOW N' SLOW MEETS HOT N' FAST

...the reverse
searing method
explained

- Kerren Packer

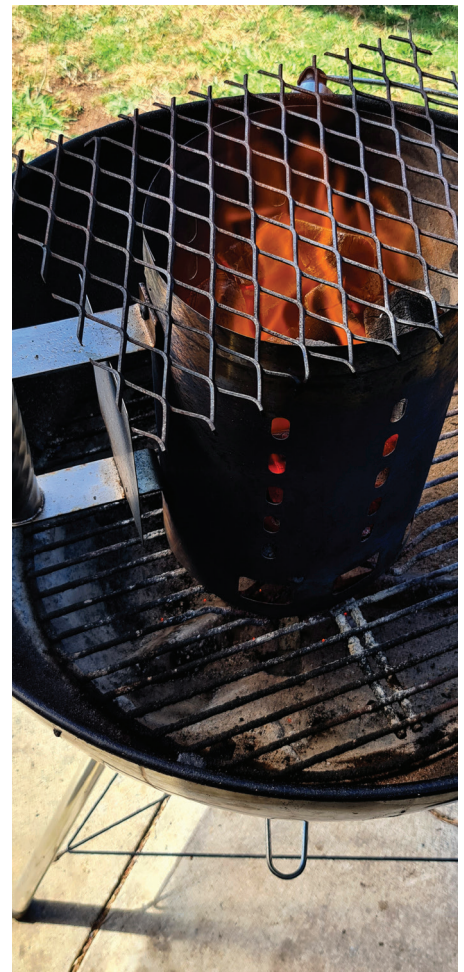
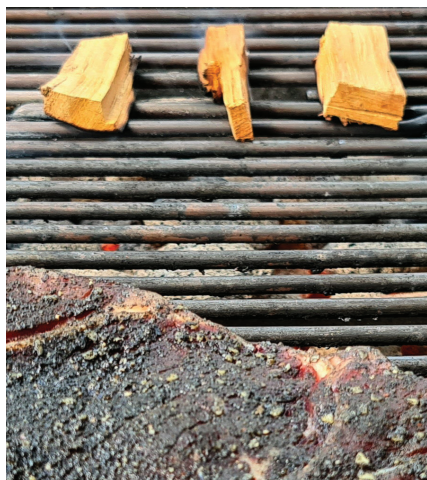
Have you ever been to a restaurant that is famed for its barbecue steaks? You order the biggest lump of beef on the menu to really test their reputation, when it arrives it looks beautifully charred and as you make your first cut, the blade travels through the dark crust with no resistance followed by the sight of "wall to wall" doneness as ordered and the first mouthful proves beyond doubt that you are eating steak perfection...well...In this article I am going to share with you a sure fire way to get those results in your own backyard every time!

REVERSE SEAR METHOD:

- 1.** For best results select steaks of at least 1 inch (26mm) thick - Ribeye, Tomahawks, New York Rump and T-bone are great reverse sear options.
- 2.** Shake an even coating of beef rub on to both sides and edges then set aside for at least 15mins.
- 3.** Prepare your barbecue with lit and glowing red briquettes (consistent even burn and temps – good for indirect zone) and/or lump coal (hotter – good for sear phase). The aim for the pit temp with the lid closed is close to 250F (120C).
- 4.** Directly over the coals add some seasoned wood chunks (see photo) to create a gentle smoke. Both Pohutukawa and Oak are great options for beef.
- 5.** Put the meat on away from the heat. The key is to bring the internal temp of your meat up “lowly and slowly” to desired doneness. (see Temperature & Cooking Time guide)
- 6.** At approximately the ½ way mark and using an instant read thermometer check the middle of the steak for doneness. Flip the meat over, close the lid - approximately, 30mins to go.
- 7.** When the steak hits desired internal target temp (Again using Temperature & Cooking Time guide and instant read thermometer), remove from the barbeque, and loosely covered with tinfoil, rest on a rack for 10mins.
- 8.** Get the direct zone of your barbecue cranking, add a handful of lit lump coal and wood chunks to create a searing hot surface.
- 9.** Place the rested steak directly over the coals/flames for no more that 1 minute per side. Rotate steak 45 degrees for a further minute then flip steaks and repeat. Hint: Gently brushing softened butter on to the steak during the sear stage will give it a beautiful shine and taste.

Once you are happy with the colour (goal: dark-golden) take the meat from the grill and on to a chopping board. Slice the steak with a sharp blade into desired portions or serve whole. The results will speak for themselves - follow the above and you will have a perfectly reverse seared piece steak every time.

Till next time happy barbecue'ing. ■



TEMPERATURE & COOKING TIME GUIDE

Approximate temperature and cooking time for a 1.5" (38mm) Steak in a 250°F (120°C) BBQ

DONENESS	TARGET INTERNAL	TEMP. FINAL INTERNAL	APPROX TIME
Rare	105°F (40°C)	120°F (49°C)	20 – 25mins
Medium-Rare	115°F (46°C)	130°F (54°C)	25 – 30mins
Medium	125°F (52°C)	140°F (60°C)	30 – 35mins
Medium-Well	135°F (57°C)	150°F (66°C)	35 – 40mins
Well-Done	JUST NO!!!	NOPE!!!	NEVER!!!

