



Cowboy Butter Picanha

TRADITIONAL SOUTH AMERICAN CUT



INGREDIENTS

AVO Lafiness Cowboy Butter marinade

A whole Picanha (Rump Cap Muscle)



METHOD

- 1) Trim your **Picanha** so no excess fat or silverskin
- 2) If smoking/cooking as a joint keep whole, score **slightly the fat cap**
- 3) If cooking on a skewer (**traditional South American technique**) slice **against the grain** roughly an inch thickness & skewer onto your **kebab sticks**
- 4) Both techniques are marinated with **AVO Lafiness Cowboy Butter** marinade at a usage rate of **8 - 10%**

TOP TIP!

Why not try reverse searing your steak by cooking to your required temperature first by simply in the oven or sous vide & then searing in a hot frying pan to get that crust & colour on your perfect steak!



2 SERVINGS



PAN FRY FOR 5 - 7 MINUTES
SMOKE/SOUS VIDE

AVO Lafiness Cowboy Butter marinade is inspired by the online trend of using a spicy butter as a dip, this oil-based marinade brings rich flavours of butter complimented with herbs, garlic & mustard. A buttery, attractive & moreish marinade that is perfect with all meat, vegetables & potatoes.

Why try adding your Picanha steak to some traditional South American dishes such as:

Empanadas
Tamales
South American Arepas



For allergen information, please refer to the relevant product specification.