

# GRILLED BLACK ANGUS ENTRECÔTE



Magazine  
Ago. | Set. 12

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15  
min



Easy

## INGREDIENTS

- 4 x 300g Black Angus rib-eye
- 10 ml olive oil
- 1 sprig thyme
- Flor de sal to taste
- Black peppercorns

## METHOD

Score the side fat of the steak with the point of a knife so that some of it cooks and the fat melts • Brush the surface of the meat with olive oil, add the thyme sprig and sprinkle over with the peppercorns, crushed with the back of a knife on a chopping board • Clean the grill to be used and get nice and hot • Cook on the fat side first, holding the meat with some tongs or a large fork, so it is golden and tasty when cut • Place the meat on the grill surface and grill according to taste, bearing in mind that the quality of meat will not improve with longer cooking • Once grilled, season with flor de sal and serve straight away with a fresh green salad