

Basque Txuleton Steak Recipe



PREP TIME

7H



COOK TIME

15 MIN



TOTAL TIME

7H 15 MINS



SERVES 2 PEOPLE



EASY



Ingredients

1-1.2kg Galician rib steak, on the bone
Sea salt
2 red peppers cut in half, cores removed
1 tbsp olive oil
1 garlic clove, peeled and sliced
½ tsp sugar
1 Maris Piper potato
200ml vegetable oil for frying

Method

Allow the steak to reach room temperature by taking it out of the refrigerator 6 hours before cooking it. The meat should be at a temperature of around 20°C.

Rub some olive oil on all the pepper halves and place under a hot grill until the skins are completely black all round. Remove from the grill and cover with some aluminium foil and rest for 10 minutes. After this time, peel all the peppers and cut into long strips.

In a medium size frying pan, gently warm the olive oil and add the garlic slices, cook gently for 1 minute or until lightly brown. Remove the garlic from the oil, add the roasted peppers and slowly cook for five minutes. Sprinkle a pinch of sugar, season with sea salt and return the garlic. Cook for a further 10 minutes on a low heat and set aside.

Slice the potato into thin matchsticks and pat dry with some kitchen towel, keep to one side.

About 30 minutes before cooking, slightly salt the txuleton steak on both sides. The sodium in the salt will draw out any moisture on the surface of the steak, which in turn, will provide a crispy layer when cooking. Prepare your barbecue.

To cook the txuleton steak, place on the barbecue once the coals are completely white and there are no flames over the coal. To test this, if you can hold your hand over the coals for 3 seconds, they are ready. Make sure the white coals are well piled up at a distance of about 20cm (8 inches) from the steak. Cook the steak for 8 minutes each side without touching it or moving it.

Whilst the txuleton is cooking, place your serving platter in the oven at a low temperature to heat up.

To fry the potato matchsticks, heat the oil in a large frying pan. Once hot, fry the matchsticks until golden brown, about 4 minutes. Keep on stirring them, so they don't stick. Drain them on kitchen paper, season with salt and keep warm whilst you finish the steak.

To serve the steak, cut alongside the bone to separate it off and then cut the steak widthways into thin strips. Make sure you keep the shape of the steak together when slicing it, so the slices keep hot and you are able to lift it up onto the serving platter. Place the bone on the hot platter, followed by the sliced steak piece. Lift one half first, then the other. Open the slices slightly and sprinkle with some sea salt. Serve immediately with the fried potato matchsticks and roasted red peppers.

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