



CÔTE À L'OS

CAVEMAN STYLE

Ingredients:

Côte à l'os (± 3 cm thick)
YAKINIKU Japanese Szechuan Pepper
YAKINIKU Japanese Smoked Salt
2 tbsp olive oil
Homemade chimichurri

Supplies:

Kamado
Meat thermometer
Binchotan
chopping board

Kamado set up:

caveman style

PREP TIME

An hour beforehand, remove the meat from the fridge to allow it to reach room temperature. Then pat the meat dry with a piece of kitchen paper.

When the meat is at room temperature, light a medium amount of charcoal (Binchotan) and heat your YAKINIKU® Kamado to 150°C. In this recipe, we will use the Caveman-style technique, grilling the food directly on the coals. Here you don't need a grid, grilling is done directly on the coals. You can start grilling when the coals are grey in colour and start to glow.

PREPARATION

Rub the meat generously with olive oil and sprinkle generously with salt and pepper.

Then place the meat directly on the coals. There is no need to turn the meat in between. Remove the meat from the barbecue when it reaches a core temperature of 55 °C. The côte à l'os is then

cooked medium rare.

Then wrap the côte à l'os in aluminium foil and let it rest for about 5 minutes.

After the meat has rested sufficiently, cut it into strips. Finish it off with the homemade chimichurri and any extra salt and pepper.

Tip

Binchotan is a type of charcoal with a very high carbon percentage, which ensures an almost pure composition. Using Binchotan keeps the outside of the meat almost completely clean.

This recipe's Côte à l'os comes from Meat The World. For top-quality meat, Meat The World is the place to be.