

# BBQ PICANHA

**Time: 3 hours (plus dry brining time)**

**Serves: 8**

### Ingredients:

2kg picanha (sirloin cap) – fat cap trimmed to 5mm  
20g kosher salt

### Preparation:

Sprinkle the salt evenly on both sides of the picanha. Place on a rack in a pan and refrigerate overnight.

Preheat your grill or smoker to 120C.

Cook the picanha on indirect heat with the fat cap facing up for two to three hours, until the internal temperature reaches 55C.

Remove from heat and serve immediately by slicing across the grain.

### Nutritional Information Per Serving:

Calories: 498	<b>Hand-Size Portion Guide</b>
Fat: 34g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 49g	Thumbs of fat: 0