

Cooking the perfect Barolo steak at home



We have the luxury of a high heat charcoal fuelled Josper grill in the kitchen, which gives our steaks a light charcoal flavour and great caramelisation without overcooking. A good heavy based frying pan is all you need at home, along with some good tips, you can read below.

1x preferred steak approx. 8ozs

20ml of rapeseed or sunflower oil

40gms butter (optional, but recommended!)

Sea Salt

Freshly milled black pepper

Sprig of rosemary & thyme

1 clove of garlic, whole.

START BY:-

Pre-heat your oven to 180c

Remove the steak from the fridge and any outer packaging, pat dry with absorbent paper to remove any blood. Allow the steaks to come to room temperature -normally about 30-40 minutes.

Season & crust with sea salt & freshly milled black pepper

Lightly oil the seasoned steak prior to cooking heat a thick bottomed frying pan until smoking hot. The heat of the pan is very important for getting good caramelisation.

Place the steak in the pan gently using tongs, a good sizzle tells you the pan is a good heat.

Leave the steak without touching (or prodding etc) for a couple of minutes, or until it is well caramelised. When properly caramelised, the steak will move easily and not be stuck to the pan – a good test is to give the pan a “shoogle” and when ready will move freely.

Turn the heat down to medium and add ½ the butter, the rosemary, thyme and garlic to the pan.

Turn the steak over and repeat the process for 2 minutes, spoon the cooking fat over the steak

Place the steak in the oven 180c for 5 mins

Remove the oven and place on a warm tray

Top the steak with a knob of butter and allow to melt into the meat, this will give a more buttery/nutty finish

At this stage your steak will be pink with blood approx. 55 centigrade, allow the steak to rest for min 8mins in a warm place

To cook more

Place the steak in the oven at 180c for a further 5 mins for medium, 10mins well done, once cooked to your liking remove from oven and place on a warm tray to rest min 8 mins in a warm place

Once cooked to the required doneness remove from heat, rest on a rack in a warm place

If you have a good digital thermometer, you can take the guesswork out of everything:

- Rare (a steak browned outside, dark-red inside, 55c)
- Medium rare (a steak with some blood left, reddish-pink inside, 58c)
- Medium (a half-cooked steak, pinkish inside, 60c – the most popular grade of doneness.)
- Medium well (an almost cooked steak, pinkish-beige inside, 65c)
- Well done (a steak cooked-through, brown inside, 70c)

TO SERVE

Place the steak back in the oven for 1-2 mins to heat a little!