

## What is Picanha?

Picanha is a cut of beef that originated in Brazil and is a popular choice for grilling. It's also known as rump cap, sirloin cap, rump cover, or culotte steak.

Here are some things to know about picanha:

- **Cut:** Picanha comes from the top of the rump, at the end of the biceps femoris muscle, and is surrounded by a thick layer of fat.
- **Flavor:** When cooked properly, picanha has a lean, beefy flavor and a buttery texture.
- **Tenderness:** Picanha is tender and juicy because it comes from a muscle that isn't overused.
- **Cooking:** Picanha is often cooked over an open flame and served at churrascarias, Brazilian steakhouses.
- **Buying:** When buying picanha, look for a cut that's around 1–1.5 kg in size, with a fat cap of at least 1.5 cm.
- **Serving:** Picanha is often served on skewers, with different temperatures of doneness available when sliced.
- **In the US:** Picanha isn't commonly found in US grocery stores, as it's often broken down into smaller cuts.

## Grilled Picanha Steak Recipe

This picanha steak recipe is easy to follow and sure to impress. Learn how to season and grill this flavorful Brazilian cut of beef to perfection and enjoy every juicy, tender bite.

### Servings:

**Prep:** 1 minute min

**Cook:** 20 minutes mins

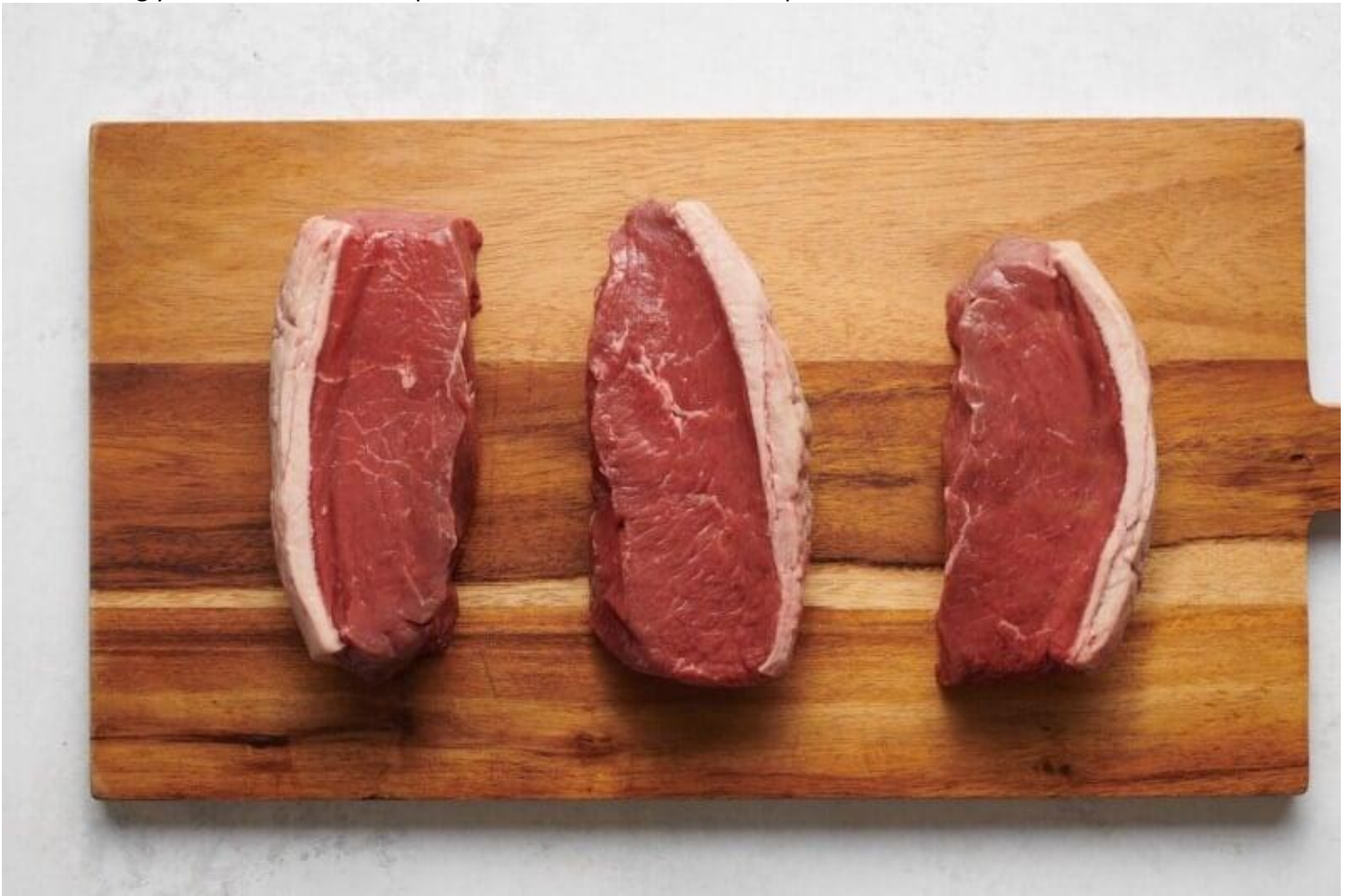
**Total:** 21 minutes mins

### Ingredients

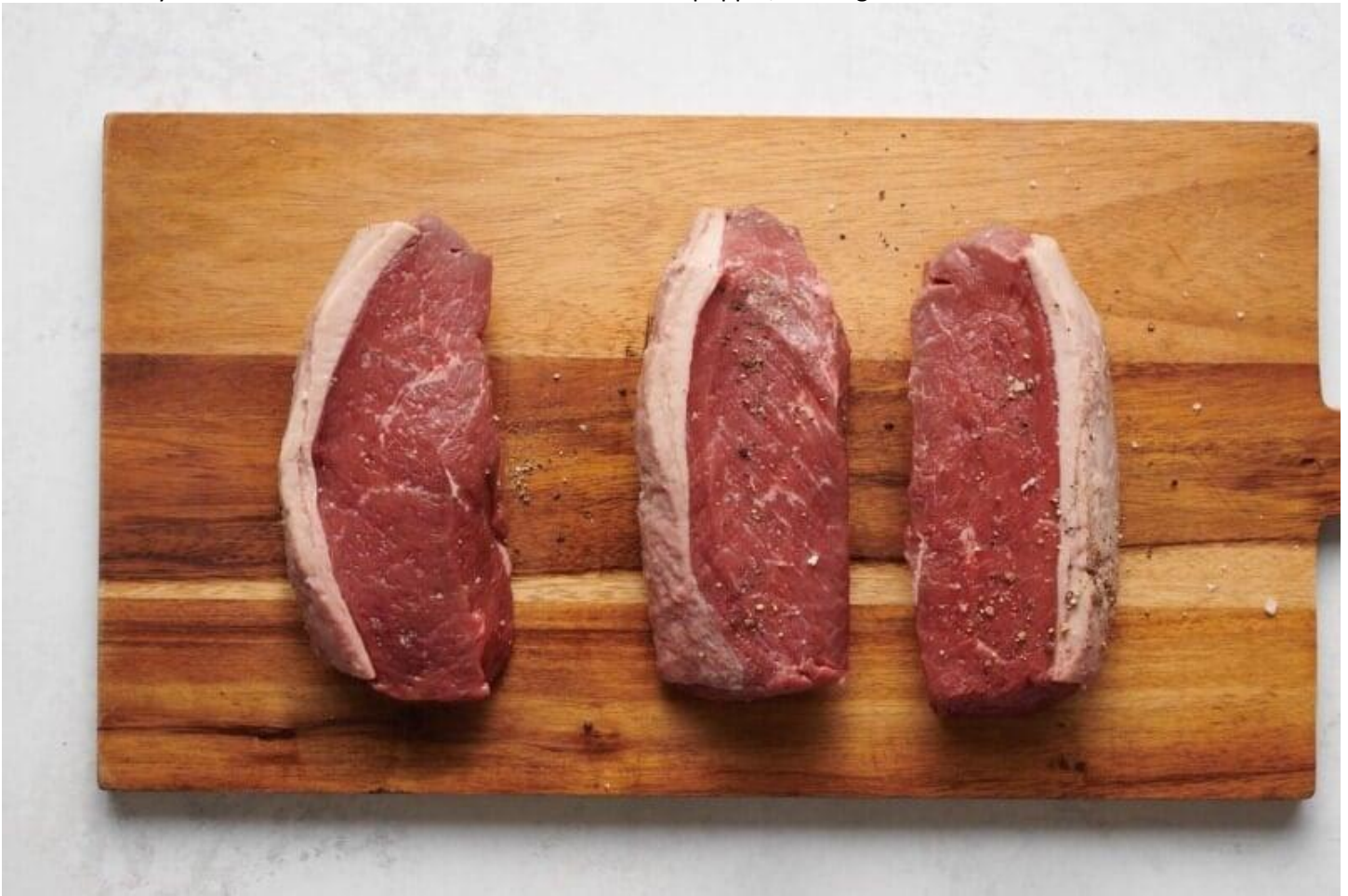
- 3 pounds picanha steak *or top sirloin*
- 1/2 teaspoon [salt](#)
- 1/2 teaspoon pepper
- 2 tablespoons oil
- 1 tablespoon [butter](#)

### Instructions

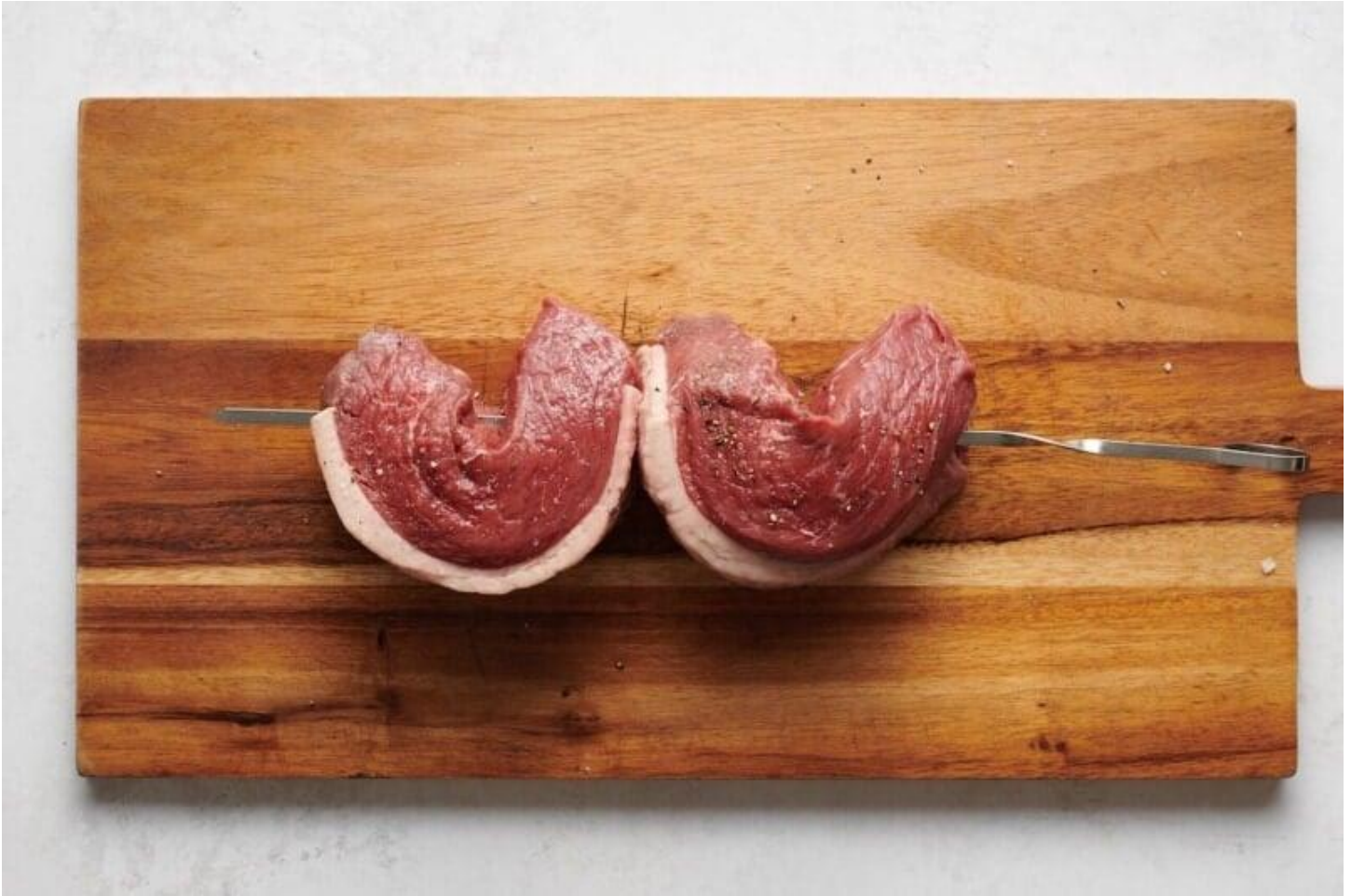
1. Bring your steak to room temperature. Divide them into 3 or 4 portions.



2. Pat dry the steaks and season both sides with salt and pepper, rubbing them into the fat.

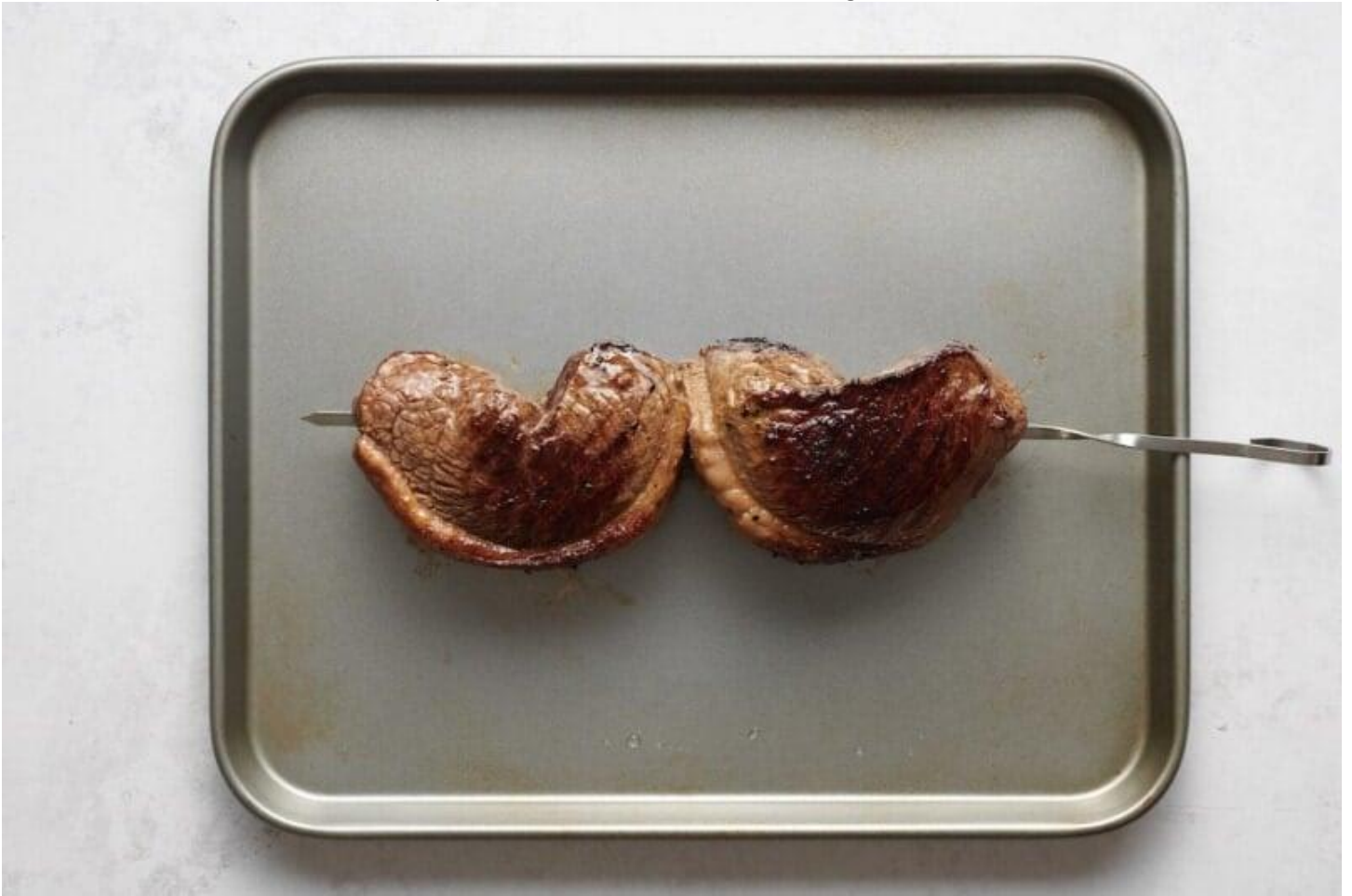


3. On a large or two smaller metal skewers, curve the steaks into a C shape on top.

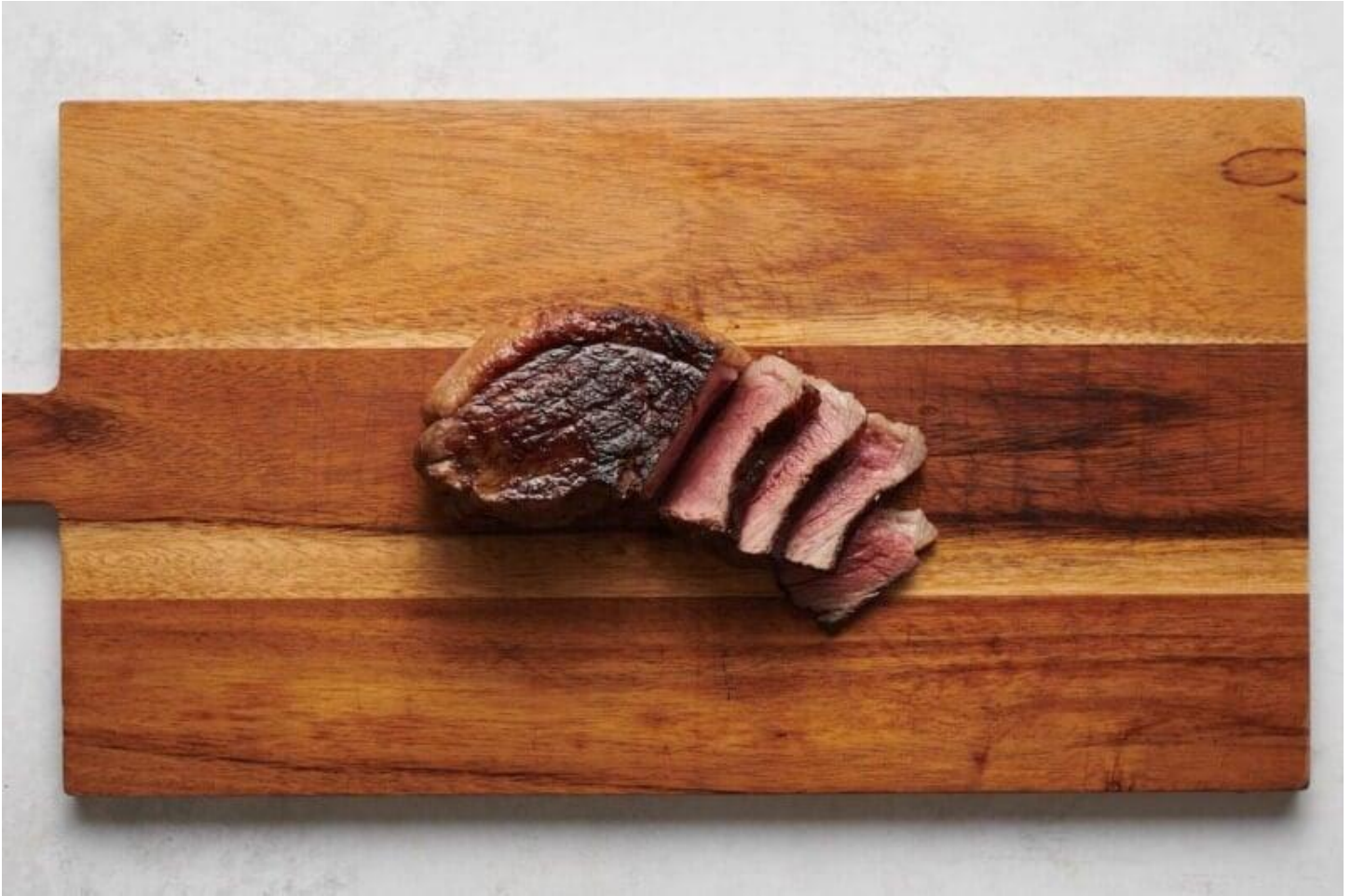


4. Preheat the grill to high and brush oil and butter over it.

5. Lay the skewered steak on the grill and cook the steaks, covered, for 18-20 minutes, turning every 5 minutes. Once the meat reaches an internal temperature of 130F, remove it from the grill.



6. Let the meat rest for several minutes before slicing and serving.



#### Notes

**TO STORE.** Store any leftover steak in an airtight container in the fridge for 2 to 3 days.

**TO FREEZE.** You can freeze the cooked and cooled steak in a freezer-safe container or ziplock bag for up to 3 months. Let it thaw in the fridge before reheating.

**TO REHEAT.** The best way to reheat the leftovers is in the oven at 275°F until warm.

#### Nutrition

**Serving:** 1 serving **Calories:** 260 kcal **Carbohydrates:** 0.1 g **Protein:** 38 g **Fat:** 11 g **Sodium:** 252 mg **Potassium:** 609 mg **Fiber:** 0.03 g **Vitamin A:** 44 IU **Calcium:** 38 mg **Iron:** 3 mg