

Grilled Argentinean/Brazilian-Style Grass-Fed Beef Steaks

Ingredients

- * Grass-Fed Beef Steak cuts of your choice
- * Coarse Sea Salt

Method

Pre-heat the barbeque to a moderate temperature. Generously coat the beef steaks with a layer of sea salt and place steak(s) on the grill. Cook approximately 5 minutes per side (remember to cook 30% less than conventional beef) to desired doneness. Using a meat thermometer, cook to approximately 140-150 degrees Fahrenheit for medium rare, up to 155 degrees for well done. Cook under 140 if cooking rare.

After removing the meat from the barbeque, tap the beef to remove some of the salt. Ensure to let the cooked meat stand for a few minutes to seal in juices.

Remember to use tongs rather than a fork to turn meat as the meat's natural juices are removed when it is stabled.

Serve with your favourite rice dish and fresh salad.

Bom Apetite (Portuguese style)!