

# Smoke and Sear



## INSTRUCTIONS

1. Take steak out of the fridge 30mins before cooking.
- 2: Season steak with sea salt only.
- 3: Set smoker to 120c.
- 4: Smoke meat at internal temperature of 40c for about 1 to 1.5hrs.
- 5: Remove meat from smoker and increase smoker to the hottest temperature.
- 6: Place pre-smoked steaks on the hot grates turning every 30 seconds until internal temperature reaches 50c (Medium rare).
- 7: Remove from the grill and rest tented with foil for 5 to 10 minutes—55c finish.
- 8: Before serving, season with sea salt and pepper.

Tip 1: Seasoning with pepper at the beginning of the cook will cause the pepper to burn.

Tip 2: Turning the steak every 30 seconds during the sear prevents moisture in the steak from rising to the surface and evaporating and losing flavour.

Tip: 3 The rest will cause the temperature of the steak to rise 5c, so taking it off early produces the perfect "doneness".

**SAUC'D LONWSLOW**