



Bistecca alla Fiorentina Tuscan Porterhouse

Jacob · 29/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

1 hr 25 mins

Description

This flagship Tuscan steak is made from the regions Chianina breed of cattle which are prized for their tenderness and flavor In typical Italian style simplicity rules the day little more than olive oil rosemary and salt are needed to highlight the rich flavor of the grilled meat With Italian food freshness and quality are top priority so I use nothing less than choice porterhouse and much prefer prime

Ingredients

- - 4 sprigs fresh rosemary
- chopped - 1 (2 1/2 pound) choice or prime porterhouse steak - 3 tablespoons Tuscan olive oil - Moist
- grey sea salt and freshly cracked pepper to taste - 6 lemon wedges

Instructions

1. Press chopped rosemary onto both sides of porterhouse steak; set onto a plate and allow to marinate at room temperature for 1 hour. Start an outdoor grill using hardwood charcoal
2. such as hickory. When coals are white and glowing
3. arrange for high heat. Gently brush or rub olive oil onto steak
4. then season to taste with sea salt and pepper. Place steak onto grill
5. and cook until a dark
6. golden brown (not burnt) crust forms
7. 5 to 10 minutes depending on thickness of meat. Turn over
8. and continue cooking until golden on the other side
9. 5 to 10 minutes more. When finished
10. place steak onto a platter
11. and allow to rest for 10 minutes. To serve
12. remove the two pieces of meat from the bone
13. and replace the bone onto the serving platter. Trim any unwanted fat from the round (tenderloin) steak
14. slice into 6 equal pieces at an angle to the grain
15. and fan out on one side of the bone. Slice the rectangular (loin) steak into 1/4-inch slices at an angle to the grain. Fan out on the other side of the bone. Finish by garnishing the platter with lemon wedges and a sprinkle of additional sea salt. Notes Bistecca Fiorentina is normally served rare or medium-rare. If you prefer your steak more well done
16. cook as stated to form the crust
17. then place onto a cooler part of the grill
18. and continue cooking to desired doneness. If you do not wish to fire up the grill
19. this steak may also be cooked under the broiler
20. otherwise following the directions and times in the recipe.