

STEAK LOVER BOX:

Argentines love to eat and are passionate about their skills in the kitchen. While Argentina may be most famous for its world-class beef, Argentinian food also incorporates influences from many other distinct cuisines around the world.

Buenos Aires Nights Method. This method simulates what our grill chef do when you come to dine with us, they first cook steak in low heat to make sure is warm and then they seal it for a crust with high heat at the end.

The method below begins in the oven and finishes in the pan.

Slow-roasting the steak first allows heat to evenly penetrate the meat, giving the interior a chance to begin cooking without overcooking the outside. It's crucial that the meat is roasted on a rack, allowing all the surfaces to be exposed to air place a baking under to avoid meat juice to go all over the oven floor. This helps to dry the surface in preparation for pan-searing, which will result in an unbelievably delicious crust on the steak.

1 STEP

PREHEAT oven 250F

Rub Steaks with 1 tbsp oil and season with salt and pepper. Place steaks on a rack over a baking tray. Roast steaks in the centre of the oven, as a rough guide 25 minutes for medium-rare.

How to Tell When Your Steak is Done.

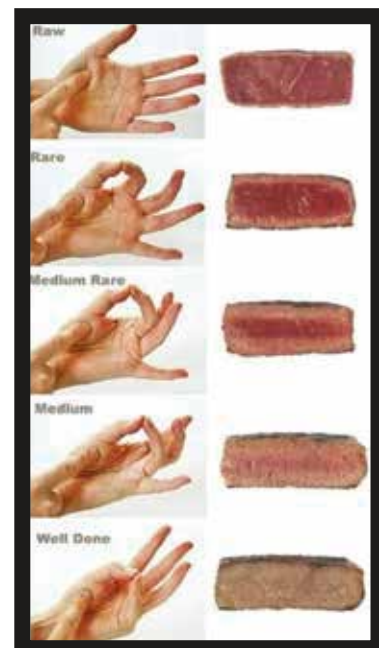
The palm method: You compare the feeling of your steak with the meaty part of your palm when your thumb is touching various fingers.

If you are not sure...Touch your face. So, with one hand pushing down on your steak, use the other to compare it to your forehead, chin, and cheek:

Medium-rare, it should feel like your cheek: tender and soft but still fleshy (as opposed to raw, which would be just soft).

Medium, touch your chin: The steak should still be tender, but with some resistance.

Medium-well, it should feel like your forehead: fleshy but with a good deal of resistance.



2 STEP

Spread the vegetables in a baking dish. You can either cook them Low and slow: 250° F for aprox 55 minutes (this is less about adding brash browned notes than it is concentrating natural flavors, yielding vegetables that taste distinctly and deliciously of themselves) or High and fast: 400F for aprox 20 minutes, stirring every 10 minutes or so. Roast the vegetables until tender. This is time to play music and grab a glass wine!.

3 STEP

HEAT oil

You need a HOT pan to properly sear meat. The hotter the pan, the more the caramelization and colour. A pan that isn't hot enough will take too long to form a crust and will begin cooking the inner layer of the meat at an improper temperature.

Add steaks and sear until deep brown and crisp. Hold the steak on their sides and cook the edges. Remove let rest for 5/10 min.

Are you still playing music? Good!, now grab the bottle of wine and **Enjoy!**

Celsius (fan-forced oven)	Celsius (conventional oven)	Fahrenheit	Gas	
100°	120°	250°	1	Very Slow
130°	150°	300°	2	Slow
140°	160°	325°	3	Moderate Slow
160°	180°	350°	4	Moderate
170°	190°	375°	5	Moderate Hot
180°	200°	400°	6	Hot
210°	230°	450°	7	Very Hot
230°	250°	500°	8	Very Hot

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