

Big Green Egg

Demo card

DIRTY-COOKED RIBEYE ON THE BONE WITH BONE MARROW

Demo difficulty level 1 (simple) – 5 (hard)



EGG setup: Direct

EGG target temperature: 220°C

Cooking time: 25 minutes, or an internal temperature of 50°C

Dirty cooking direct on the coals is a method that may seem alien to many potential customers, but the results can be spectacular. The result here is a steak with beautifully charred edges, loads of smoky charcoal flavour and perfectly cooked, juicy meat. The bone marrow adds a lovely salty richness at the end.

EQUIPMENT



STAINLESS STEEL GRID



CAST IRON SKILLET



QUICK READ DIGITAL THERMOMETER



STAINLESS STEEL SILICONE TIPPED 16" BBQ TONGS

KEY MESSAGES:

- 1 Dirty cooking, one of the EGG's eight modes, involves cooking directly on the coals.
- 2 Dirty cooking is only advisable when using pure, chemical-free Big Green Egg lumpwood charcoal.
- 3 Cook to temperature, not time, to ensure a perfectly cooked steak.

DIRTY COOKING RECIPE



Recommended charcoal

100% Natural Eucalyptus Lumpwood Charcoal





INGREDIENTS

FOR THE STEAKS

- 1 ribeye on the bone, approximately 1.5kg
- 3 canoe-cut marrow bones
- 1 small bunch of parsley, finely chopped
- 1 tbsp flaky sea salt

METHOD

SET UP THE EGG

Set up the EGG for a direct cook, without any surfaces. Your target temperature is 220°C. You are looking for a good area of the charcoal to be white and burning.

PREPARE THE STEAK

Season your steak with fine sea salt and bring up to room temperature.

COOK THE STEAK

Place the ribeye directly onto the hottest area of the charcoal, close the Dome and leave for 7-8 minutes.

Burp and open the EGG, turn the steak, then leave for another 7-8 minutes. Keep turning until the internal temperature of the meat reaches 50°C for rare to medium rare. Remove your steak and leave to rest.

COOK THE MARROW

While the steak rests, add your Stainless Steel Grid to the EGG. Place the marrow bones on the grid and cook cut-side up for 15 minutes.

SERVE

Mix the parsley and sea salt together and scatter over the marrow bones. Scoop out the marrow and serve with the steak.

Top tip

You can use different cuts of steak: sirloin, fillet, onglet. Just alter the cooking times and always remember to use your Quick Read Thermometer.



ALERT: As with any cooking demo, food hygiene and customer safety are essential. Please ensure that whoever is running the demo has completed a Food Hygiene Level 2 exam online and check the www.food.gov.uk website for further guidance.