

## Fancy some beef?

### Grilled flat iron steak from Natura-Beef



The flat iron steak from Natura-Beef is a special cut: a whole shoulder fillet is split lengthwise with the hard tendon cut out. This lets you prepare the flat iron steak on the grill in no time - no need to cook for long.



(Photo: biggreenegg.eu)

#### Ingredients

- 1 split shoulder fillet from Natura-Beef, approx. 800 g
- 2 cloves of garlic
- 1 sprig of thyme
- 1 sprig of rosemary
- 2 tbsp olive oil
- Sea salt flakes

#### For the herb butter

- 1 clove of garlic
- 1 cm red chilli pepper
- 1 sprig flat-leaf parsley
- 10 chive stalks
- 100 g butter, room temperature

#### Preparation

Light the charcoal in the Big Green Egg and heat to 220°C together with the cast iron grate. Meanwhile, for the herb butter, peel the garlic and finely chop the clove. Finely chop the flesh of the chilli pepper. Pluck the parsley leaves and finely chop together with the chives. Mix the garlic, chilli pepper and herbs with the butter and set aside.

Place the shoulder fillet on the work surface. Peel the garlic and finely chop the cloves. Pluck off the leaves from the thyme and the needles from the rosemary and finely chop. Then mix the garlic and herbs with the olive oil and rub the shoulder fillet steak all over with olive oil. Sprinkle with salt and pepper.

Place the shoulder fillet on the grate and grill for approx. 4 minutes. After about 2 minutes turn 90 degrees again to obtain a good grill pattern. Close the lid of the EGG after each step.

Now turn the shoulder fillet and grill again for approx. 4 minutes. After about 2 minutes, turn 90 degrees again until the meat reaches a core temperature of 52 to 53 °C. Use the Instant Read Thermometer to measure this temperature.

Cover the shoulder fillet loosely with aluminium foil and let rest for 5-10 minutes.

Then cut the shoulder fillet into nice slices, sprinkle with sea salt flakes, and serve with the herb butter and possibly a roasted onion and fried potatoes.

Sources: <https://www.biggreenegg.eu>, <https://biggreenegghead.ch>