CLASSIC BBQ CUT

Texas picanha skewers with grilled onions

Fold thick rump-cap steaks around flat skewers with the fat on the outside. Turn them over the fire until the edges brown, then slice them across the grain and serve with sharp grilled onions.

Serves 4

Prep 20 min | No marinating required

Method Oven + grill

Cook 25–40 min

Total 50–70 min, plus oven preheat

You will need

1 kg Picanha (beef rump cap) — Whole rump cap with fat on

30 g Smoke & Flame Texas BBQ - Upgraded

2 Large onions — Cut into wedges through the root

1 tbsp Rapeseed oil — For the onions

1 tbsp Cider vinegar — To finish the onions

Why it works

The curved fat cap gets direct heat as you turn the skewers. A cooler zone gives the thicker folds time to cook through before the final sear.

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OVEN + GRILL

Cook 25–40 min | Rest 5-10 min

Total 50–70 min, plus oven preheat

Heat 190°C conventional / 170°C fan, then a hot overhead grill

Equipment Oven, overhead grill, flat metal skewers, rimmed tray, rack, griddle pan and clean probe

Method

1. Heat the oven

Heat the oven to 190°C conventional / 170°C fan. Place a wire rack over a rimmed metal tray and make sure the skewers fit.

2. Fold the steaks onto skewers

Pat the rump cap dry and trim any tough membrane from the lean side. Keep about 5–8 mm of fat. Cut with the grain into 3–4 steaks, about 3 cm thick, and season all sides with the rub. Fold each steak into a C with the fat on the outside. Thread both ends onto flat metal skewers, with a small gap between steaks. Toss the onion wedges with the oil.

3. Roast the skewers

Roast the skewers on the rack, turning halfway. Meanwhile, griddle the onion wedges over medium-high heat until soft and browned. Transfer them to a clean plate.

4. Brown under the grill

As the thickest steak approaches 60–65°C, heat the grill. Brown the skewers on all exposed sides, watching the fat closely. Return to the oven as needed until fully cooked. Use a clean probe from the side, clear of the metal, to check the thickest folded part of each steak reaches 70°C for 2 minutes (or 75°C for 30 seconds).

5. Rest and slice

Rest the skewers for 5–10 minutes. Toss the browned onions with the cider vinegar. Slide the steaks off the skewers, slice across the grain and serve with the onions.

Cook’s note

Use two broad metal skewers so the steaks turn with the skewer. Watch for flare-ups from the fat and move the skewers to the cooler side as needed.
The folded beef is skewered, so cook it through to the centre.
Smoke & Flame Texas BBQ - Upgraded