

Brazilian Garlic Sirloin

Brazil is known for the Brazilian BBQ or Churrasco. A churrasco is an all you can eat meat festival of a buffet.

Brazilian servers dressed as gaúchos or cowboys bring large skewers of flame roasted meats to the table and the you can eat until you pop. One of the hallmark meats at a churrasco is the garlic sirloin. It is a delicacy that everyone should have at least once in their lives and it is surprisingly easy to make at home if you have a smoker or outdoor rotisserie (you may prepare this in your oven but you will miss out on the smokey goodness associated with this dish). So bring a little bit of Brazil home to your dinner table with this Brazilian culinary classic.



Enjoy.

from William J. Burnett

time Cook Time

yield Yield

category Category

cuisine Cuisine

ingredients

3-4 pound Choice or Prime Sirloin Roast or Choice or Prime Sirloin Tip

1-2 Tbls. Melted Butter

1-2 Tbls. Worcestershire Sauce

1 Tsp. Garlic Powder

1 Tsp. Sea Salt

1/4 Tsp. Fresh Ground Pepper

1/4 Tsp. Paprika (use Smoked Paprika for rotisserie preparation)

6-8 Cloves of Minced Garlic

directions

1. Pat the meat dry*.
2. Combine the melted butter, garlic powder, salt, pepper, paprika and worcestershire sauce.
3. Use a BBQ brush and paint the mixture on the entire surface of the meat.
4. Coat the surface of the meat with the minced garlic.
5. Place** in a 225° F smoker*** and cook until the internal temperature reaches 140° F (Rare) - 160° F (Medium) usually about 6 - 7 hours.
6. Remove from the smoker and allow to rest for 15 - 20 minutes prior to serving.

- notes:**
- *At a churrasco the sirloin is usually cut into about 2" cubes and then placed on long skewers. It is then coated with the butter mixture and garlic and placed over very hot flames and served without a resting period. Most home BBQ grills are not capable of achieving the necessary consistent even heat and are not equipped with multiple skewer rotisseries; therefore, the roast preparation presented here is preferable for the home cook. The flavor and texture of the finished product is almost imperceptible and the chance of burning the meat or drying out the meat is greatly reduced.
 - **Or on the rotisserie at medium - medium/high heat until desired internal temperature is achieved. Rotisserie cooking times will be much shorter than smoker cooking times. Please be safe and use a thermometer to check for meat doneness.
 - ***I prefer to use cherry or some other sweet fruit wood for the smoke.
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