AMERICAN · DINNER

Smoked Whole Picanha with Salt-and-Pepper Bark

100 min | Serves 8 | 364 kcal a serve | Video 6:10 · HowToBBQRight

Carnivore | Gluten-free ingredients | Dairy-free | Nut-free

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Picanha is a tender, well-marbled cut; one serve gives about 40 g of protein and is rich in zinc, selenium and vitamin B12, seasoned with nothing but salt and pepper.

Diet notes: Low carb (0.4 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 3 · SERVES 8

- [ ] 1 whole picanha (top sirloin cap) roast, 3–4 lb, fat cap on
- [ ] 4 tsp **coarse black pepper** (2 parts of a 2 tbsp Texas salt-and-pepper rub)
- [ ] 2 tsp **coarse kosher salt** (1 part of the rub)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Set up a drum smoker or other pit for indirect cooking at 275°F. 2:06
2. Trim any silver skin from the meat side of the picanha. Score the fat cap in 1 inch (1 in) diamonds with shallow cuts, without reaching the meat. 1:08
3. Mix the coarse pepper and salt and season the roast on all sides. 1:32
4. Put it on the pit fat-side down so the fat renders and crisps, insert a probe thermometer and cook until the centre reads 122–125°F, about 1 hour. 2:36
5. Rest loosely covered with foil for 10–15 minutes, then slice thinly against the grain and serve medium-rare. 3:23

> **Tip** Serves about 8 (our estimate from a 3½ lb roast). The cook uses his Texas rub, a coarse salt and pepper mix; 2 parts pepper to 1 part salt is the home swap he gives for it. Leftovers slice well cold.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
364 kcal	**40** g	**0.6** g	**0.3** g	**21** g	**670** mg
1,520 kJ	81% of a day	0.4 g net · 0 g sugars	1% of a day	8.4 g saturated	29% of a day
		0% of a day		27% of a day	

Energy from net carbs 0% · protein 46% · fat 54% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 93% · Selenium 81% · Zinc 72% · Vitamin B6 53%

Source of (10–19%) Iron 15% · Potassium 11%

Recipe and video: HowToBBQRight (@howtobbqright) on YouTube — youtube.com/watch?v=3QS62vLKPE4, published 5 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/smoked-whole-picanha-roast