

Caveman Style Steak

Prep: 15–60 minutes to season + 10 minutes resting • Cook: Varies by steak thickness; sear 45–60 seconds per side (smoke to target temp)

A reverse-seared steak smoked low and slow, then seared directly on hot coals for a char-kissed crust and a juicy, medium-rare center. Bold, clean seasoning delivers big beef flavor without burning during the coal sear.

Ingredients

- 1 steak (trimmed of excess fat)
- to taste Meat Church Holy Cow
- to taste Meat Church BLANCO
- to taste compound butter (for finishing)

Instructions

1. Prepare the smoker at 250°F using post oak (or mesquite, hickory, or pecan). In a separate grill or firebox, build a bed of hot lump charcoal or hardwood coals for the sear.
2. Trim the steak of any excess fat. Season all sides at a 2:1 ratio with Meat Church Holy Cow followed by Meat Church BLANCO. Let the seasoning adhere for at least 15 minutes and up to 1 hour.
3. Place the steak in the 250°F smoker. Smoke until the internal temperature reaches about 115°F if aiming for medium-rare (for medium, smoke to 125–130°F). Remove from the smoker and rest briefly.
4. Using tongs and insulated heat-resistant gloves, place the steak directly on the coal bed (caveman style). Sear for 45–60 seconds per side.
5. Knock off any clinging coals with tongs. Remove the steak from the fire.
6. Top with a quality compound butter and rest, lightly tented with foil, for 10 minutes.
7. Slice and serve. Target final doneness for medium-rare is about 130–135°F.

Tags: Beef, Steak, Reverse Sear, Live Fire, Smoked, Grilling
