

# Elaine Wilson

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## Asado Alpaca Rib-Eye with Chimichurri Sauce

### Asado Alpaca Rib-Eye (from Belle Valley Farms in Sturgeon County)

Serves 4

1 litre water  
2 tbsp sugar  
4 Alpaca Rib-Eye Steaks

4 tbsp salt  
2 tsp liquid smoke

1. In a large glass baking dish just large enough to fit the steaks, combine all the ingredients, ensuring the steaks are fully submerged.
2. Refrigerate about 2 hours, turning the steaks once halfway.
3. Preheat the barbecue on high until very hot (600+ degrees).
4. Remove steaks from the brine and pat dry.
5. Rub the steaks with a bit of grapeseed or other neutral oil and sprinkle with cracked pepper.
6. Grill to desired doneness, about 3 to 4 minutes on each side for medium-rare (depends the thickness of the steak - may need less or more time).

#### Tips/Variations:

- Alpaca is indigenous to South America - Peru, Chile and Bolivia - and is now raised right here in Alberta. With a rich flavour between lamb and bison, its texture is closer to beef and the fat and cholesterol levels are lower even than bison. A delicious meat, locally raised by Belle Valley Farms - visit [www.BelleValleyFarms.ca](http://www.BelleValleyFarms.ca) or call 780-939-2125.
- True Asado barbecue is meat that is long cooked over a slow fire with lots of smoke. The smokey brine method is an alternative for those who don't have smokers or barbecues.
- Don't have a grill? Preheat oven to 400 degrees and then heat a fry pan or grill pan over medium heat until hot. Add grapeseed or other neutral oil and swirl to coat. Add the meat and sear until a beautiful crust forms, about 3 minutes or so. (Don't be tempted to check the meat too soon.) Turn over and sear the other side another 2 to 3 minutes. Place skillet (or transfer meat to an oven-safe pan) in the hot oven about 10 minutes to achieve medium-rare (this will depend the thickness of the meat.)
- For even more flavour, use a favourite spice rub - I've used my Asado Rub which will be available for sale starting July 1<sup>st</sup>. [Click here to subscribe to my e-newsletter](#) and I'll let you know when and where this and my other products will be available.
- You can use any meat - this method is also delicious with beef, pork, chicken or bison.

### Chimichurri Sauce

Serves 8

1 cup parsley, packed  
4 garlic cloves  
½ tsp red pepper flakes  
4 tbsp water

2 green onions, roughly chopped  
1 tbsp fresh oregano leaves (or ½ tsp dried)  
2 tbsp olive oil, extra virgin  
2 tbsp red wine vinegar (or fresh lemon juice or white wine vinegar)

In a small food processor or blender, purée everything together until it is well combined and resembles pesto.

#### Tips/Variations:

- There are as many variations of chimichurri as there are Argentines who make it. Some use paprika and others use green chili. Some add diced red pepper or tomato. The basic sauce is parsley, onion, oregano and enough raw garlic to give it a good bite. From there, have fun!
- If you don't have a food processor or blender, you can finely mince the parsley, onion, garlic and oregano, combining them with the remaining ingredients.

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