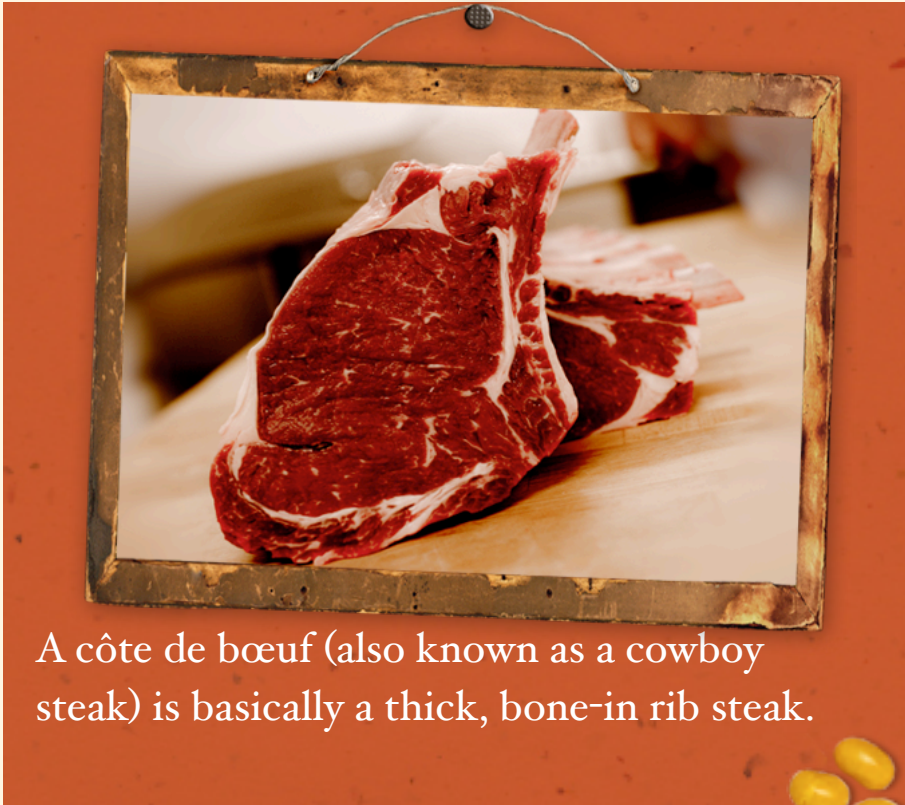


OLIVIER'S BUTCHERY

Cooking a Cote de Boeuf



A côte de bœuf (also known as a cowboy steak) is basically a thick, bone-in rib steak.

COOKING STANDING RIB ROAST:

2rib: Preheat oven to 500 degrees, cook rib for 15 to 20 minutes, then lower oven temp to 350 and finish for another hour and 15 minutes

3rib: Preheat oven to 500 degrees, cook rib for 15 to 20 minutes, then lower oven temp to 350 and finish for another hour and 30 minutes

4rib: Preheat oven to 500 degrees, cook rib for 15 to 20 minutes, then lower oven temp to 350 and finish for another hour and 45 minutes

5rib: Preheat oven to 500 degrees, cook rib for 15 to 20 minutes, then lower oven temp to 350 and finish for another two hours

6rib: Preheat oven to 500 degrees, cook rib for 15 to 20 minutes, then lower oven temp to 350 and finish for another two hours and 15 minutes

7rib: Preheat oven to 500 degrees, cook rib for 15 to 20 minutes, then lower oven temp to 350 and finish for another two hours and 15 minutes



ON THE GRILL:

1" – 8 minutes total; 5 and 3

1¼" – 9 minutes total; 7 and 3

1½" – 14 to 15 minutes total; 9 and 5

2" – 15 to 18 minutes total; 11 and 6

2½" – 20 minutes total; 12 and 7

3" – 22 minutes total; 14 and 8

ON STOVE TOP

1" – 8 minutes total; 5 and 3

1¼" – 9 minutes total; 7 and 3

1½" – 14 to 15 minutes total; 10 and 4

2" – 15 to 18 minutes total; 11 and 5

2½" – 20 minutes total; 12 and 8

3" – 25 minutes total; with such a thick cut you can really get creative here, and cook on all four sides. Turn the steak in a constant direction, and go 7 minutes on the first and second side, then drop to 5 minutes for the final two sides

SEAR/ OVEN FINISHED:

1" – 2 min sear on each side, then preheated 350 oven for 10 min

1¼" – 2 min sear on each side, then preheated 350 oven for 12 min

1½" – 2 min sear on each side, then preheated 350 oven for 15 min

2" – 3 min sear on each side, then preheated 350 oven for 15-16 min

2½" – 3 min sear on each side, then preheated 350 oven for 18-20 min

IN THE OVEN:

1" – set oven to broil, following grilling info

1¼" – set oven to broil, following grilling info

1½" – set oven to broil, following grilling info

2" – preheated 400, 20-25 min

2½" – preheated 400, 24-26 min

3" – 3 preheated 400, 25-30 min

