



ARGENTINE · SPANISH-PLANCHA TRADITION · CROSS-CULTURAL · MAIN · CENTERPIECE · WEEKNIGHT-TO-DINNER-PARTY

# Entraña a la Plancha · Chimichurri Argentino

Argentine hanger steak cooked on a blazing cast-iron plancha at 260-280°C for 2 minutes per side, then rested and sliced against the grain into thick pink ribbons, served with chimichurri — the classical parsley + garlic + oregano + olive oil + red-wine vinegar herb sauce — on the side for guests to add to every bite. Entraña (called onglet in France, hanger steak in the US) is the Argentine asado favorite cut: deeply beefy, grass-fed-mineral, tender when cooked fast and hot, tough when cooked slow or well. Serves as the fire-bridge between Batch 8's merluza plancha and Batch 9's pulpo SV-plancha — same vessel, different protein, cross-cultural Argentine-meets-Basque plancha pedagogy. 20 minutes active, 4 minutes over fire, the chimichurri made in advance.

Protein Entraña (hanger steak) · also called onglet (France) or skirt-adjacent (

Serves 4 main · 6 smaller plates Difficulty Intermediate

Active 25 min (15 min chimichurri advance + 10 min plancha cook)

Total 25 min (chimichurri benefits from 2 h rest before service)

## The Cut Argentina Never Exported

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Entraña — hanger steak — is a single muscle from between the last rib and the loin of a beef animal. There's only one per cow, weighing about 500-700 g. For most of the 20th century, butchers kept it for themselves: it was too small, too odd-shaped, and too tender to be sold with the more-popular cuts. American butchers called it 'the butcher's tenderloin' because the guys behind the counter got first dibs. In Argentina, where asado (live-fire grilling) is a national religion, entraña has always been the prized cut — grilled hard + fast over wood coals + served with chimichurri. Argentina never really exported the cut; most Americans have never had it.

The flavor case: entraña is denser + more mineral + more beef-intense than ribeye, more tender than skirt, and has a uniform grain structure that responds perfectly to hot-fast cooking. 2 minutes per side on a 260-280°C plancha + 5 min rest + slice across the grain = exactly the right technique for this cut. Cross-cuts are essential — hanger steak's grain runs perpendicular to its length, so you slice across the short axis, producing 6-8 mm ribbons of tender beef with visible mahogany crust around a pink center.

The chimichurri is as Argentine as the steak. It's not pesto, and it's not salsa verde — it's a specific Argentine tradition: finely chopped parsley + dried oregano + minced garlic + red-wine vinegar + olive oil + red pepper flakes (the traditional version) OR mild guindilla (the Spanish-adjacent version). It's made at least 2 hours in advance to let the flavors integrate, served room-temperature, and goes onto every bite of the steak via a spoon. Argentina has infinite debates about chimichurri — dried vs fresh oregano, red vs white vinegar, parsley-only vs parsley+cilantro, how much chile — each gaucho has strong opinions. The version here is the classical Buenos Aires-style, slightly adjusted with Spanish olive oil + sherry vinegar for library-coherence.

This dish is the bridge between Batch 8's merluza-planchar-refrito (Spanish direct-sear tradition), Batch 9's pulpo-SV-planchar (hybrid SV-then-fire), and general-purpose plancha cooking. Same cast-iron plancha. Same 260-280°C target. Different protein, different finish-sauce, different cultural tradition. Once Pablo owns plancha technique from these three recipes combined, he has a complete cross-cultural plancha repertoire.

# Specs

<p><b>YIELD</b></p> <p><b>4 × 150-180 g portions from one 600-700 g entraña</b></p>	<p><b>PLANCHA TEMP</b></p> <p>260 - 280 °C / 500 - 535 °F -</p> <p>surface temp before steak touches it</p>	<p><b>SEAR TIME</b></p> <p>2 minutes per side · 4 minutes total ·</p> <p>target 55 - 58 °C</p> <p>internal for medium-rare</p>	<p><b>REST</b></p> <p><b>5 minutes on warm cutting board before slicing — critical</b></p>
<p><b>CHIMICHURRI PREP</b></p> <p><b>Minimum 2 hours ahead of service · keeps 5 days refrigerated · best day 2-3</b></p>	<p><b>STEAK SIZE</b></p> <p><b>1 whole entraña (~600-700 g raw) OR 2 halves (~300-350 g each)</b></p>	<p><b>DIFFICULTY</b></p> <p><b>Intermediate</b></p> <p>●●●○○</p>	<p><b>ACTIVE TIME</b></p> <p><b>25 min (chimichurri 15 min earlier + steak 10 min)</b></p>
<p><b>KEY RULE</b></p> <p><b>Slice against the grain — entraña's grain runs perpendicular to its length; cuts across the short axis are non-negotiable for tenderness</b></p>			

## What Changed & Why

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Two variables: the cut source and the oil. Technique is identical. ● Tier A (Everyday) uses **Prime hanger steak from Publix Greenwise, Whole Foods, or a Miami specialty butcher** (Meat N' Bone, Perricone's, or Casablanca carries hanger on request) + **California Olive Ranch Arbequina** + **Carmencita oregano**. Produces genuinely excellent Argentine-style entraña. ● Tier B (No Limits) uses **grass-fed dry-aged hanger from Meat N' Bone Miami** (28-day dry-age intensifies the cut's inherent beef flavor) OR **Spanish vaca vieja hanger from a Spanish importer** (if sourceable — old-dairy-cow hanger has deeper flavor) + **Rincón de la Subbética summit Arbequina** + **fresh oregano from a Miami herb garden** (Miami yearround). The dry-aged Tier B provides the deepest beef expression; grass-fed dry-aged hanger is genuinely transformative.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	Cook hanger steak to medium — about 4 min per side on a hot grill	Plancha at 260-280°C, 2 min per side — target medium-rare (55-58°C internal)	Cross-reference: merluza-a-la-plancha-refrito Phase 3 (Batch 8 · this workspace) and pulpo-sv-plancha Phase 4 (Batch 9 · this workspace). Same plancha, same target temp, same Leidenfrost-effect physics. Entraña is thinner than most steaks (3-4 cm max), which means 2 min per side is correct — longer + the center overcooks to medium or medium-well, losing the cut's tenderness. Entraña specifically wants to be medium-rare at most; past that, the muscle tightens + the prized tenderness disappears. Plancha-vs-skillet upgrade: same principle as merluza recipe — plancha's thermal mass holds temperature + produces proper crust, skillet drops temp + doesn't crust cleanly.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	Salt just before cooking	Dry-brine 10-15 min before cooking — 1% salt by weight, pat dry before searing	Cross-reference: merluza-a-la-plancha-refrito + presa-iberica-sv-fire (both workspace). Same 24h or 10-15 min dry-brine depending on cut thickness. For entraña (thinner than chuletón), 10-15 min is sufficient — salt penetrates 2-3 mm in that window, enough for thin cuts. The tacky surface pellicle from drying crusts faster + more mahogany. A 24h dry-brine is NOT needed for entraña; it's actually counterproductive for a hanger steak (over-firms the texture). 10-15 min is the correct window.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
<b>TECH</b>	Chimichurri made in a blender — smooth puree	Chimichurri made by hand — finely chopped parsley + minced garlic + dried oregano + vinegar + oil (NOT blended)	Blended chimichurri is bright green + uniform + restaurant-smooth; hand-chopped chimichurri is rustic + textured + traditional. The traditional Argentine version is the hand-chopped; blended is a North American adaptation. The texture matters: hand-chopped chimichurri has visible parsley leaves + small garlic pieces + oregano flecks, which sit on the steak with visual + textural distinction rather than pouring like a puree. Argentinian tradition is explicit on this point. Blender chimichurri is not wrong, but it's not classical. Buenos Aires-style hand-chop is the move.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
ADD	—	<p>Let the chimichurri rest at room temperature for 2 hours minimum before service</p>	<p>Chimichurri needs time for the dried oregano + garlic to rehydrate in the vinegar + oil base. A 2-hour rest transforms it from 'green oily liquid with chopped stuff' into 'integrated herbaceous sauce with cohesive flavor.' At 1 hour: acceptable. At 2-4 hours: peak. At 24+ hours in the fridge: even better (cold-infused variant). Many Argentine restaurants make chimichurri the day before. This is not a pesto — fresh-at-service is wrong; integration time is right.</p>
ADD	—	<p>Score the surface of the entraña lightly with a sharp knife — 3-4 shallow cuts on each side, against the grain, 1-2 mm deep</p>	<p>Shallow scoring (not cutting through) against the grain accomplishes three things: (1) increases surface area for crust development — more mahogany in less time, (2) pre-weakens the grain at cross-section points, making post-cook slicing cleaner, (3) traditional Argentine asador technique; creates visual pattern on the finished cut. Don't cut deep — just enough to break the surface membrane. This is optional but elevates the final plated result.</p>

CHANGE	ORIGINAL	UMAMI VERSION	WHY
ELEV	Standard plancha or cast-iron skillet	Cast-iron plancha, 10-15 mm thick, on the kamado at max heat	Cross-reference: merluza-a-la-plancha-refrito ● card + pulpo-sv-plancha ● card. For kamado owners (Pablo ✓), placing the plancha directly on the kamado grate at 300°C produces a superior sear: (a) radiant heat from the charcoal surrounds the plancha in addition to grate contact, (b) trace wood-smoke from the lump charcoal adds a subtle note to the entraña, (c) the outdoor-fire setting matches the Argentine asado tradition of cooking this cut. Indoor plancha is fully acceptable; kamado-plancha is the dinner-party Saturday move.
SKIP	Marinate entraña overnight in wine + herbs	Do not marinate. Dry-brine + plancha only.	The Argentine asador tradition specifically prohibits pre-marinating entraña. The logic: entraña's natural beef flavor is the point of the cut; marinades mask it + over-tenderize it to mushiness. The chimichurri on the side IS the seasoning application; marinating the meat before cooking doubles-up on the sauce + makes the finished dish over-flavored. Trust the cut. Let the plancha + the chimichurri do the work.

# What You Need

## ● Everyday

### The Entraña

- 1 whole **entraña / hanger steak**, ~600-700 g, from **Publix Greenwise, Whole Foods, Meat N' Bone Miami**, or **Perricone's Marketplace**. Ask the butcher to trim any tough silverskin + center sinew. If the hanger comes in two halves (common), that's fine — two separate pieces cook identically.

### The Dry-Brine + Cook

- 6-7 g fine sea salt (1% by weight)
- Fresh-cracked black pepper (applied 1 min pre-sear only)
- 2 tbsp **good EVOO** — **California Olive Ranch Arbequina** — for wiping the plancha

### The Chimichurri

- 1 large bunch **flat-leaf parsley**, finely chopped — total 1 cup chopped (40-50 g)
- 4 cloves **garlic**, minced finely (not crushed)
- 1 tbsp **dried oregano** — **Carmencita** or **Goya**
- 1 tsp (4 g) **red pepper flakes** OR ½ **dried Spanish guindilla**, minced
- 80 ml **extra-virgin olive oil** — **California Olive Ranch Arbequina** or similar
- 30 ml **red-wine vinegar** — **Colavita** or **Martin Pouret**
- 3 g fine sea salt
- Fresh-cracked black pepper

### Service

- Flake salt (**Maldon**) for finishing
- Good country bread (pan de payés from Batch 7 · this workspace)

## No Limits

### The Entraña (Tier B)

- 1 × 600-700 g **grass-fed dry-aged hanger steak (28-day minimum)** from **Meat N' Bone Miami** or an Artisan Butcher via special order. Deeper beef flavor + noticeably more tender. If Spanish **vaca vieja hanger** is ever sourceable (old-dairy-cow, rare), that's the summit.

### The Chimichurri (Tier B)

- 1 large bunch **fresh flat-leaf parsley** from a **Miami farmer's market** (Verde Miami, Redlands)
- Additional: 2-3 sprigs **fresh oregano** from a Miami windowsill herb garden (year-round; chopped in addition to dried for depth)
- 4 cloves **Las Pedroñeras DOP purple garlic**
- 1 **fresh red Fresno pepper** (Miami grocery year-round), minced — replaces dried pepper flakes; gives a fresher + brighter heat
- 80 ml **Rincón de la Subbética summit Arbequina**
- 30 ml **Forvm Cabernet Sauvignon Reserva vinegar** (oak-aged, deeper than standard red-wine vinegar)
- **Fleur de sel** for finishing

## EQUIPMENT

### Your Kit

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- Cast-iron plancha, 10-15 mm thick, 30×40 cm minimum (or a well-seasoned cast-iron skillet)
  - Infrared thermometer — verify 260-280°C plancha surface temp
  - Instant-read probe thermometer — verify 55-58°C internal
  - Sharp chef's knife + carving board (for post-cook cross-grain slicing)
  - Fish spatula or flat metal spatula (for clean steak release)
  - Small bowl + wooden spoon (for chimichurri hand-chop + mix)
  - Measuring cups + kitchen scale
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- Warm serving platter

#### MISE EN PLACE

## Before You Start

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- Chimichurri made 2+ hours before service (see Phase 1)
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- Entraña dry-brined 10-15 min; pat dry pre-sear
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- Plancha preheating on burner or kamado — 8-10 min to reach 260-280°C
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- Plates + platter warming in 50°C oven
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- Chimichurri at room temperature in serving bowl
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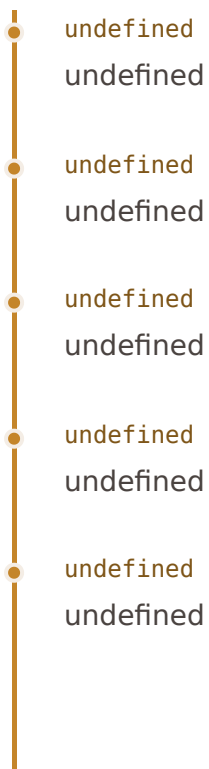
- Sharp slicing knife + stable cutting board ready
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- Bread sliced + ready

#### MAKE-AHEAD

## Timeline

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## METHOD

# The Cook

### 1 Phase 1 · The Chimichurri (Made 2+ Hours Ahead)

1. Finely chop 1 cup of flat-leaf parsley — leaves + small tender stems, discard thick stems. Total weight after chopping: ~40-50 g. Use a sharp knife; do NOT use a food processor.
2. Mince 4 cloves of garlic finely — pieces should be ~1 mm (not crushed, not pressed).
3. In a small bowl, combine: chopped parsley + minced garlic + 1 tbsp dried oregano + 1 tsp red pepper flakes (or minced guindilla) + 3 g salt + black pepper.
4. Stir to combine dry ingredients.
5. Add 30 ml red-wine vinegar; stir briefly.
6. Add 80 ml olive oil; stir to combine.
7. Taste. Adjust: more salt if under-seasoned; more vinegar if flat; a pinch more red pepper if wanting more heat.
8. Cover the bowl. Rest at room temperature for 2 hours minimum — 4 hours is peak; overnight in fridge is excellent + a traditional Argentine approach.
9. Tier B: add 2-3 sprigs of fresh oregano finely chopped + 1 minced fresh Fresno pepper + use Forvm Cabernet Sauvignon vinegar + Rincón de la Subbética oil.

#### WHY THIS WORKS

Chimichurri's flavor development requires time. The dried oregano (or mixed dried+fresh in Tier B) needs to rehydrate in the acidic liquid — 2 hours minimum for the oregano's aromatic compounds to bloom. The garlic's sharp raw allicin mellows as it's exposed to the vinegar's acid over time. The parsley's chlorophyll stays vivid but the flavor infuses the oil. Blending the sauce in a food processor short-circuits this — you get green-colored oil with a processed-puree flavor, not an integrated chopped-herb condiment.

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## **Phase 2 · Dry-Brine + Plancha Prep — 20 minutes**

1. Weigh the entraña. Calculate salt: 1% by weight (~6-7 g for a 600-700 g cut).
2. Pat the entraña dry with paper towels. Trim any silverskin or tough sinew if the butcher didn't.
3. Optional: score the surface lightly — 3-4 shallow cuts on each side, against the grain, 1-2 mm deep.
4. Sprinkle the calculated salt evenly across all surfaces. Press gently to adhere.
5. Set entraña on a wire rack over a small plate. Uncovered. Room temperature for 10-15 min.
6. While the steak rests: start preheating the plancha. Cast-iron or carbon-steel plancha on burner (or kamado grate) at max heat for 8-10 min. Target: 260-280°C surface temp verified with infrared thermometer.
7. At T-1 min: pat the entraña one final time with paper towels (removes any re-absorbed surface moisture). Crack fresh black pepper onto both sides.



### **WHY THIS WORKS**

Cross-reference: merluza-a-la-plancha-refrito Phase 1 + presa-iberica-sv-fire Phase 1 (both in library). Same dry-brine principle, adjusted time: 10-15 min for thin cuts like entraña; 24 h for thick cuts like chuletón or presa. Salt penetration depth is ~2-3 mm in 15 min — sufficient for entraña's 3-4 cm thickness.

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### **Phase 3 · The Plancha Sear — 4 minutes**

1. Wipe the hot plancha with an olive-oil-soaked paper towel — a thin film, not a pool. The oil should smoke faintly on contact.
2. Place the entraña flat on the plancha. If it's one long piece: lay lengthwise. If two halves: lay side by side.
3. Do not move for 2 minutes. Trust the clock.
4. At 2 minutes: flip the entraña with a spatula. The first side should release cleanly with a hard mahogany crust (visible grill marks if the plancha has ridges).
5. 2 minutes second side. During this window, insert a probe thermometer into the thickest part briefly — you want 55-58°C internal for medium-rare.
6. Remove at exactly 4 minutes total (2 + 2). For a thicker cut (4 cm+), go 2.5 min per side, up to 5 min total. Do NOT exceed 5 min total for this cut — overshoot = toughness.
7. Transfer to a warm cutting board or warm platter.



#### **WHY THIS WORKS**

Cross-reference: merluza-a-la-plancha-refrito Phase 3. Same Maillard-at-260°C + Leidenfrost-release-at-vapor-layer physics. For beef specifically, the muscle proteins (actin, myosin) set at 55°C; at 58°C they firm to medium-rare; at 65°C+ they tighten to medium + lose tenderness. Pulling at 55-58°C gives you medium-rare with a 2-3°C rise during rest, landing at 58-61°C internal at service.

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## Phase 4 · Rest + Slice Across the Grain — 7 minutes

1. Rest the entraña on the warm cutting board for 5 minutes. Do not cover (condensation softens the crust).
2. Meanwhile: have a serving platter warming in the 50°C oven.
3. After 5 min rest: identify the grain. Entraña's grain runs lengthwise — visible as parallel fiber striations on the surface.
4. Slice against the grain — perpendicular to the fiber direction. Cuts should be about 6-8 mm thick, on a slight bias if you want larger visible surfaces.
5. Arrange slices on the warm platter, slightly overlapping. The pink interior should be visible in every slice.
6. Flake salt (Maldon) generously across the entire platter.
7. Serve chimichurri in a small bowl alongside, with a small spoon. Guests add chimichurri to each bite at the table.



### WHY THIS WORKS

Grain direction is critical for tenderness. Hanger steak's fibers are relatively long + tough if cut parallel — but short + tender if cut perpendicular. This is the single most important plating decision for this cut. The 5-minute rest allows muscle fibers to relax + reabsorb the internal juices that the fire surface-activated, improving each slice's juiciness + tenderness.

## 5 Phase 5 · Plate + Serve — 2 minutes

1. Platter on the table, entraña slices fanned out with flake salt on top.
2. Small bowl of chimichurri next to it, spoon in the bowl.
3. Thick slices of country bread on a separate plate.
4. Argentine Malbec or Spanish Rioja in the glass.
5. Guests serve themselves: slice of entraña onto their plate, spoon of chimichurri on top, optional piece of bread for sopping the juices.
6. Eat with a knife + fork; the chimichurri is deliberately chunky so it sits on top of the steak rather than coating it.
7. Save the platter — the juices that pool are excellent with bread for those who want them.

### WHY THIS WORKS

Warm platter is essential for beef plating at 58-61°C. The platter holds temperature for 5-10 minutes, giving guests time to serve + eat without the steak cooling to unpleasant mid-temperature territory.

### QUICK REFERENCE

## Timing Cheat Sheet

STEP	TIME	CUE
Make chimichurri	T- 2 h	Hand-chop; rest at room temp 2+ h
Dry-brine steak	T- 1 5 m	1% salt; 10-15 min uncovered
Preheat plancha	T- 1 0 m	8-10 min to 260-280°C; IR verify
Pepper + final pat-dry	T- 1 m	Bone-dry surface; pepper both sides
Sear side 1	T- 0 to T+ 2 m	No move, no peek
Flip + sear side 2	T+ 2 m to T+ 4 m	Target 55-58°C internal
Rest	T+ 4 m to T+ 9 m	5 min on warm cutting board, uncovered

STEP	TIME	CUE
Slice across grain	T+ 9 m	6-8 mm ribbons, perpendicular to grain
Plate + serve	T+ 1 0 m	Warm platter, flake salt, chimichurri bowl

#### TROUBLESHOOTING

## Emergency Protocols

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## Technique Notes

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### ● **Universal: Against-the-Grain Slicing — The Universal Beef Rule**

KNIFE TECHNIQUE · CROSS-CUT

Cross-reference: chuletón-reverse-sear ● card (already in library). For hanger steak specifically, this rule is non-negotiable — the cut's appeal is defined by the contrast between tough-long-fiber (wrong cut direction) + tender-short-fiber (correct perpendicular cut). Every muscle cut benefits: ribeye, sirloin, chuck, flat iron, flank, hanger, skirt. The meat's surface shows parallel fiber lines — slice perpendicular. On entraña: fibers run lengthwise, so slice across the short axis. This is a 30-second lesson with 20-year payoffs. Reference: Knife Skills §Beef Slicing; Protein Encyclopedia §Muscle Grain.

### ● **Universal: Chimichurri Is Not Pesto, Not Salsa Verde**

SAUCE TRADITION · CROSS-CULTURAL

Chimichurri is a specific Argentine tradition — hand-chopped parsley + garlic + oregano + olive oil + red-wine vinegar + chili. It's not pesto (which has cheese + nuts + basil); it's not Spanish salsa verde (which has capers + anchovies); it's not French sauce verte (which is cream-based). The texture is deliberately chunky, the acidity is sharp (red-wine vinegar forward), and the rest-time is mandatory. Made 2+ hours ahead + served room-temperature. Goes on every bite of the grilled meat via a spoon, rather than being mixed in. Once you understand this sauce structure, it applies broadly: hand-chopped herb condiments keep their texture + integrate differently than blender-purees. Reference: Sauces & Condiments §Argentine Tradition; Cross-Culture §Herb Sauces.

## ● **Universal: Plancha Thermodynamics Across Proteins (Reinforced)**

VESSEL SCIENCE · CROSS-RECIPE

Cross-reference: merluza-a-la-plancha-refrito + pulpo-sv-plancha (both workspace). The cast-iron plancha at 260-280°C works identically across proteins — fish, cephalopod, beef, pork, poultry. The thermal mass + Leidenfrost-effect principle holds. Adjustments are per-protein: fish 90 sec per side, pulpo 60 sec per side (post-SV), entraña 2 min per side (thicker than fish), steaks 2-3 min per side depending on thickness. Master the plancha, apply to any cut. This triad of recipes — merluza (fish) + pulpo (cephalopod) + entraña (beef) — gives a complete plancha pedagogy across the protein spectrum. Reference: Stovetop and Pan §Plancha; Cross-Technique §Heat Transfer.

## ● **Universal: Dry-Brine Time Scaling With Cut Thickness**

SURFACE PREPARATION · CROSS-RECIPE

Dry-brine time scales with cut thickness: thin cuts (1-3 cm, fish fillets, steaks) want 10-15 min; medium cuts (3-5 cm, thick steaks, presa, pork chops) want 1-4 h; thick cuts (5+ cm, chuletón, full roasts, pork shoulders) want 24 h. The common principle: salt should penetrate 50-70% of the cut's thickness before cooking. For entraña at 3-4 cm, 10-15 min is correct — salt reaches 2-3 mm (about 75% of depth) + the surface dries into a searable pellicle. Over-brining thin cuts makes texture too firm + meat jerky-like. Under-brining thick cuts wastes the technique. Reference: Cross-Technique §Pre-Sear Prep; Protein Encyclopedia §Dry Brining.

## ● Argentine Tradition: The Asado Pillar

CULTURAL CONTEXT · LIVE-FIRE COOKING

Argentine asado is a codified live-fire grilling tradition that traces to the gaucho cattle-hand culture of the Pampas (19th century). Core elements: wood-coal fire (not gas, not charcoal briquettes), parrilla (grate) over embers, unmarinated cuts (beef is flavor-sufficient), salt-only seasoning during cook, chimichurri + salsa criolla on the side, red-wine pairing (Malbec classically), long social meal with family + friends. Cuts prized: entraña (hanger — this recipe), asado (short ribs), vacío (flank), lomo (tenderloin), chorizos criollos. In Argentina, asado is both a dish + a ritual. This recipe brings the entraña-and-chimichurri core to home plancha cooking — not full outdoor asado, but the flavor + technique essence. Reference: Cross-Culture §Argentine Tradition; Live-Fire Cooking §Regional Traditions.

## ● No Limits: Dry-Aged Grass-Fed Hanger Steak

INGREDIENT QUALITY · BEEF SOURCE

Standard hanger steak is good; 28-day dry-aged grass-fed hanger is transformative. The dry-aging process: (a) concentrates beef flavor by ~30% as water evaporates over weeks, (b) tenderizes via endogenous enzyme action on connective tissue, (c) develops complex funk-umami-nutty notes from slow oxidation + microbial activity on the surface. Grass-fed cattle produce beef with ~3x higher CLA + omega-3 content than grain-fed, with more mineral-iron flavor. Combining both: deeper beef, more tender, more complex. Source: Meat N' Bone Miami dry-ages in-house; Crowd Cow ships dry-aged grass-fed. Cost: ~\$35-50/kg for quality dry-aged hanger vs \$15-20/kg for standard Prime. Worth the splurge for special occasions. Reference: Protein Encyclopedia §Beef Dry-Aging; Sourcing §Quality Butchers.

## ● No Limits: Fresh Herb Additions to Chimichurri

INGREDIENT QUALITY · HERB SOURCE

The traditional chimichurri uses only dried oregano + fresh parsley. Tier B version adds fresh oregano (2-3 sprigs finely chopped) alongside the dried — the fresh oregano contributes volatile aromatic compounds that dried oregano (which has lost most of these) cannot replicate. The fresh-dried combination: dried provides the deep earth-oregano backbone; fresh provides the bright floral top notes. Together they produce a chimichurri with more dimensional flavor. Miami's year-round herb-growing climate makes fresh oregano always available; a windowsill pot of fresh oregano + parsley + rosemary serves Pablo's kitchen broadly. Reference: Herb Encyclopedia §Oregano; Miami Seasonality §Herb Growing.

### PAIRING

## What to Drink

### 🍷 Wine — The Argentine Match

Argentine Malbec — standard tier: Bodegas Norton Reserva (grocery) · Tier B: Catena Zapata Malbec Argentino

*Malbec + entraña is the textbook Argentine asado pairing. The wine's deep-fruit + moderate tannin + smoky undertones complement the grilled beef + cut the chimichurri's acid. Serve at 16-18°C. Avoid: oaky New World Chardonnay, light reds, bright-acidity whites — all wrong direction.*

### 🍷 Wine — The Spanish Alternative

Ribera del Duero (Vega Sicilia Alión or Protos Crianza) OR a young Rioja

*If keeping the meal Spanish-identified: Ribera del Duero's tempranillo-based structure works beautifully with hanger + chimichurri. Slightly more bold + wine-forward than Malbec, a different register of the same beef + vinaigrette-style sauce pairing. Rioja Reserva is the safe fallback.*

## **Bread — The Essential**

Pan de payés (Batch 7) OR a crusty Argentine chapas-style bread

*Thick-sliced country bread is the traditional accompaniment. Helps sop the meat juices + chimichurri that spills from each bite. Absolutely non-negotiable.*

## **Side — The Classical Argentine**

Ensalada criolla: chopped tomato + red onion + red-bell-pepper + olive oil + vinegar + salt

*The Argentine answer to 'what goes alongside entraña.' The bright-vegetable acid cuts the beef's richness; the red-onion sharpness matches the chimichurri's sharpness. Simple, traditional, 5-min prep. Alternative: roasted potatoes with rosemary + garlic.*

## **Menu Arc — Argentine Asado-at-Home**

Open: empanadas de carne + Malbec arrival. Middle: entraña (this recipe) + chimichurri + ensalada criolla + bread. Close: dulce de leche dessert.

*Full Argentine arc with entraña as centerpiece. 90-min meal; ~30-min active cook time. For 4-6 guests. Real Argentine tradition scaled to Miami home kitchen. Bonus: if outdoor weather permits + kamado is lit, do the entraña on kamado-plancha for added smoke.*

## **Cross-Cultural Dinner — Plancha Triad**

1. Merluza a la plancha refrito (Batch 8). 2. Entraña a la plancha chimichurri (this). 3. Pulpo SV-plancha (Batch 9).

*A cross-cultural plancha-focused dinner: fish (Spanish refrito), beef (Argentine chimichurri), cephalopod (Galician pimentón). Three proteins, three sauces, one plancha. Shows off the vessel + tradition-variety. Works as teaching dinner for 4 guests.*

## CONTEXT

# Menu Ideas

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### **Argentine Asado Night · 6 guests**

1. Empanadas de carne (arrival). 2. Entraña (this recipe, centerpiece). 3. Ensalada criolla + bread. 4. Dulce de leche pancakes or flan. Malbec throughout. Kamado-plancha if outdoor weather permits.

### **Batch 11 Triad + Cross-Batch Plancha · 4 guests**

A dinner where the plancha is the through-line: 1. Cocochas al pil-pil (Batch 11 #1, small plate). 2. Entraña (this, main). 3. Chimichurri sop + bread. Three different fire-based techniques, one cast-iron vessel, cross-cultural scope.

### **Weeknight · 2-4 guests**

Chimichurri made the morning-of; entraña seared 10 min after guests arrive. 30-min total evening. Stovetop elevation at weeknight effort. Bread + simple salad on the side.

### **Technique Dinner · 4 guests · Cross-Cultural Plancha Triad**

Merluza a la plancha (Batch 8) + entraña plancha (this) + pulpo SV-plancha (Batch 9) as three sequential main courses. All on the same plancha, different proteins, different finish-sauces (refrito / chimichurri / pimentón). Maximum plancha pedagogy.

## YOUR NOTES

# Cook Log

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### **Session Notes**

Date: \_\_\_\_\_ · Serves: \_\_\_\_ · Rating: \_\_ / 5

*Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.*

