



Полезная лексика по теме

«Видеоразбор: сочный стейк для настоящих мужчин»

Hey, it's DJ BBQ here to grill, for your viewing and eating pleasure, the **ultimate** steak — **rump fillet**. Look at these beautiful bad boys, man. Oh, they're so good! And for half the price of **filet mignon**, of fillet. We're talking the rump, the **bullet, kogel**. Rump fillet man, Dutch kogel. You gotta **spit** the G.

First **make sure** you **take** your steaks **out** of the refrigerator **at least** 60 minutes before you cook them. You want them to (be) **room temperature**. These things are **thick** and it's gonna **take a while**.

ultimate — совершенный

a rump — кострец (верхняя часть задней лямки)

(a) fillet — вырезка, филе

filet mignon (заимствовано из французского) — филе-миньон, отрез тонкой части вырезки

bullet (steak) — небольшой кусок говяжьей вырезки с внутренней части бедра

kogel (по-голландски) — кострец

to spit — выплевывать

to make sure — убедиться

to take out — доставать, вынимать

at least — по меньшей мере

room temperature — комнатная температура

thick — толстый

to take a while — занимать какое-то время



Now come over here, we're gonna get our **butter rocking**. We've got our knife, **stick** it **in** the butter. **There we go**. Mmmm, It's like a **popsicle** full of **heart attack**. There's our **unsalted** butter, we're gonna let it **melt down** and the **fats** from the butter is gonna give us that **caramelization** on the meat.

And **in the meantime**, we're gonna **sort out** the steaks. And that is with sea salt. You want them to melt **onto** the meat and right there is pepper. Now, I used to use pepper but sometimes pepper can go **acid**. They actually burn onto the steaks. We're gonna put the pepper on **at the very end** when we let the steak **rest** so just salt, real simple, man. So do one side then **turn** them **over**. There's a lot of **surface area** to rock and **flavour**.

Butter is melted, let's get the steaks on the grill. Oh yeah! You guys ready? **Here we go**. You want a nice **fierce**, hot **heat**. **Proper** hot heat. Feel that, oh yeah! Two steaks on the grill, we're gonna give them a minute then **flip** them. So basically you wanna **sear** the outside and keep it all **juicy** inside, man. We want a beautiful flavour **on the outside** and the **char**.

butter — сливочное масло
to rock (здесь) — отжигать, удивлять
to stick in — воткнуть в
there we go — вот так
a popsicle — фруктовое мороженое на палочке
a heart attack — сердечный приступ
unsalted — несоленый
to melt down — плавиться, таять
fats — жиры
caramelization — карамелизация

in the meantime — в это время, в ожидании чего-либо
to sort out — разобраться с чем-либо
onto (on + to) — на, сверху
acid — горелый
at the very end — в самом конце
to rest (здесь) — доходить
to turn over — переворачивать
surface area — площадь поверхности
to flavour — придать вкус

here we go — вот так
fierce — яростный, ожесточенный
heat — жар
proper — надлежащий, соответствующий
to flip — переворачивать
to sear — обжарить, обжечь
juicy — сочный
on the outside — с внешней стороны
a char (здесь) — корочка



That's one minute **up**, time to flip. I cook my steak **a minute a side**, three flips. I like my steak **medium-rare**. **Shake your rump**. Oh, that's a minute, sorry. Right we've just done both sides, now we're doing the perimeter, man, **sealing** all that juicy flavour, man. I might even work a couple of **tongs** dude 'cos I'm doing two steaks **at once**, look at this. **Ambidextrous!** I'm going **lefty**, I'm going **southpaw**. Alright we've sealed all the sides, now it's the turn of the **herb brush**.

So if you wanna know how to make this, just click on the herb brush. Ok, so we're gonna **dip** the herb brush into the butter and then we're gonna **splash** flavour onto the steaks. And you see **a bit of flare** up. That's good, man. That's gonna help us give a beautiful char on the steaks. Once you've **hit** it with the herb brush, flip it and hit it again for another minute. We're gonna kiss the steaks. So much flavour!

You know what, our steaks are good. The **amount** of time you've used to cook your steaks, you're gonna use **the same** amount of time to rest your steaks. Let all that **moisture** and that juicy **goodness** come back into that **muscle** so that when you cut it open it's just juicy and beautiful. I can see you guys like, come on I wanna eat! Uh-uh, you gotta rest them, okay?!

up (здесь) — заканчиваться (о времени)

a minute a side — одна минута на одной стороне

medium-rare — степень средней прожарки

shake your rump (шутливое) — потрясите крестцом

to seal — запечатывать

tongs — щипцы

at once — одновременно

ambidextrous — владеющий обеими руками одинаково хорошо

a lefty — левша

a southpaw — левша

a herb — пряная трава

a brush — кисть

to dip — погружать, макать

to splash — разбрызгивать

a bit — немного

to flare — вспыхивать, разгораться

to hit — попадать, покрывать

an amount — количество

the same — такой же

moisture — влага

goodness — ценные, питательные свойства

a muscle — мышца



Ok, so we're gonna **take** them **over** to the **indirect side of the BBQ** and we're gonna let them rest for about 4 to 5 minutes. Alright. When they're resting, you **add** the pepper. You get it on both sides. Let's **get** our steaks **off** the grill and **mange**!

And we've got a beautiful, medium-rare cook rocking here just the way I like it. That is perfect. Look at all those juices right there. Oh, my **goodness gracious**. Oh man, these are beautiful. One for the **camera guy**. You know what, I always eat first and I feel bad because you gotta **film** it all, **dude**! So listen, this goes to you. Alright, ready, 1, 2, 3, right?!

I'm happy to sit down. This rump fillet steak is perfect **on its own** just with the herb brush and the butter and the salt and the pepper but if you wanna **pimp it out**, I've got this beautiful **chimichurri sauce**. You can **drizzle** it on there, give it a bit of a **tang**, with the **garlic** and the **coriander** and the **parsley**. Oh, and that **vinegar** will just set it off! If you wanna learn how to make the Chimichurri sauce, click on the **jar** now. Just **do** yourselves **a favor** and click on it, man. Chimichurri, beautiful on meat.

That's it for DJ BBQ's Ultimate Steak. What do you guys want me to cook, man? You guys asked for that one. I wanna hear from you guys in the comments below. Do it! And, also make sure you click on this thing if you haven't **subscribed** already. I'm DJ BBQ and I am out of here.

to take over — переносить, передвигать
indirect side of the BBQ — сторона гриль решетки, под которой нет жара

to add — добавлять

to get off — убирать, снимать

mange (по-французски) — наедаться

my goodness gracious — боже мой, боже правый

a camera guy — оператор

to film — снимать на видео

a dude (разг.) — дружище, чувак

on its own — сам по себе, в одиночку

to pimp out (разг.) — усовершенствовать

chimichurri sauce — соус чимичурри

to drizzle — разбрызгивать

a tang — особый вкус

garlic — чеснок

coriander — кинза, кориандр

parsley — петрушка

vinegar — уксус

a jar — банка

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