

THE CUT: WHICH CUT REIGNS SUPREME?

SELECT, CHOICE, ANGUS OR PRIME

These cuts in order from select to prime have progressively more marbling in them. The more marbling, the more flavor.

NEW YORK STRIP, RIBEYE, FLAT IRON OR FILET?

These common grill cuts all offer a different experience. We love the ribeye for its marbling and flavor, love the flat iron for its overall experience, enjoy the strip steak for its lean beef flavor and enjoy the filet for its classic beef experience.



THE PREP: I HAVE MY STEAK, NOW WHAT?

PRE-HEAT THE GRILL - GAS, CHARCOAL OR WOOD PELLET

Preheat to high temp of 500-600 degrees

High heat will help the searing process, which will help retain the most amount of moisture

Be sure if your using a cast iron skillet or volcanic rock, those are preheated as well.

STEAKPREP

Remove the steak from the refrigerator, open the package and allow to breathe and warm up for 10 minutes.

Season both side with your preferred rub, let sit for 5 minutes and allow to become wet and tacky. Now you're ready to grill

THE COOK - ITS TIME TO SHINE

WHAT IS SEARING?

Searing helps form a caramelized crust on the beef and helps the meat retain more moisture. Beef will lose some moisture during cooking, a good sear prevents too much moisture loss

TO CAST IRON OR NOT TO CAST IRON?

A great way to get a crust and sear

Helps baste the steak and keep it juicy

The Hotter the better

WHAT IS GRILLING?

Cooking over direct flame and heat source

All grills have a cold spot, this spot is a great place to move steaks that need to finish slowly while the rest of the steaks are cooking

DIRECT HEAT? INDIRECT HEAT?

Is the heat source directly under the product or is it offset or diverted?

Short cooking of meats works great with direct heat

Low and slow cooking works best with indirect heat

THE REVERSE SEAR? HUH?

Let's start off with some smoke

Now it's time to chill, for a bit

Let get back on the grill, super-hot and develop that crust and sear

AVERAGE COOKING TIMES:

Will depend on the thickness of beef - for a 1" thick ribeye steak, on a gas grill over high heat, medium rare will take approx. 5 minutes per side

What is the perfect temperature to cook to? Keep in mind the rarer, the redder the beef will be in the center. The more well done the pinker to grey it will be. Medium Rare beef has a nice red center, medium tends to be pink with a light red center, medium well tends to be grey with a light pink center and well done will be dark grey/brown with a grey center.

Time to rest - Let the meat rest for 3-5 minutes after removing from the grill, this will allow the juices to settle and make it more tender.



DONENESS SCALE

RARE
80-100 Deg

MEDIUM RARE
125-135 Deg

MEDIUM
140-145 Deg

MEDIUM WELL
150-155 Deg

WELL DONE
160 and Above

RESTING TIME
5-7 Minutes
Temp may carry over 5-10 degrees during resting