



The Ultimate Grilled Steak

While everyone knows the classic steaks, such as the ribeye, New York strip, filet, and sirloin, there are so many more wonderful options available, such as the flat iron, Delmonico, skirt, Denver, and hanger steaks, that I suggest you experiment, find your favorite, and have fun doing it!

INGREDIENTS

2 Pine Street Market Hand Cut Steaks

5 Rosemary sprigs

Pine Street Market Butcher Salt

1 tbsp Pine Street Market Beef Butter, at room temperature

- Remove the steak from the refrigerator, season generously with Butcher Salt, and leave on the counter for 30 minutes to an hour.
- Preheat Big Green Egg or grill to 400°F, direct heat or heat your cast iron skillet over medium high heat with 1 tbsp of canola oil. If using a cast iron skillet turn your oven broiler on high. When the grill reaches 400°F or the skillet begins to lightly smoke, you are ready.
- Add the rosemary directly to the coals or pan and sear the steak for 3 minutes on each side. Use a meat thermometer to determine doneness. If using the cast iron skillet, put the skillet and steaks into the oven to reach your desired doneness. See *How to Cook Red Meat* for recommended temperatures.
- Remove the steaks from the grill or pan. Top the steaks with butter and allow to rest for 10 minutes. Slice the meat against the grain and serve.

How to Cook Red Meat

Most of us were raised to fear raw meat. Under cook steak. You could get sick. Over cook a roast. You just ruined dinner. So, I love teaching people that cooking meat can be fun; you just need to understand some basic rules:

- Let the meat come to room temperature before cooking. Allowing to rest on a plate on your counter for at least 30 minutes. It's okay! Searing will kill bacteria living on the surface of the meat. Allowing the meat to come to room temperature will ensure the internal and external temperatures are similar, which will prevent the likelihood of achieving a beautiful sear while being raw on the inside.
- Cook to an exact temperature based on your liking. Common beef and lamb temperatures are: Medium-rare (130°F), Medium (135°F), and Medium-well (140°F) Pork temperatures should be between 145°F to 155°F. I recommend using a large display digital probe thermometer that is easy to read. Understand that meat continues to cook after removing it from the heat. Not a lot, but it can go from medium to medium well in just a few minutes.
- After cooking, let meat rest before cutting into it. The cooking process drives the juices to the center; resting allows the juices to redistribute throughout.
- Keep it simple. Hopefully, you have selected a beautiful cut and will want to enjoy its natural flavors. Drowning with a heavy sauce, funky blue cheese, sharp peppercorns, and other giant flavors will overpower the subtle beauty of a perfectly seared meat. Go for a simple compound butter or finishing salt, just enough to compliment the natural flavor of the meat.
- "Slice the meat against the grain." What does that mean? Look for the direction of the meat fibers in the steak or roast; they look like long strings. Cutting across these fibers, against the grain, makes each slice more tender and easier to chew.