
How to Grill Steak

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The best steaks are sizzling hot, well browned on the outside, and tender and juicy on the inside. To achieve this it helps to have a little understanding of the process and it's important to follow some basic steps.

Use a good quality Grass-fed Steak, such as Ribeye, T-bone, NY Strip, Chuckeye, or Sirloin. Thaw out the meat, and pat it dry. Salt the Surface. Lightly oil the surface of the steak and add pepper or other seasonings. Heat the grill as hot as it will go, 500-600 degrees. Follow the directions to clean and prepare the grill.

Browning helps boost of the flavor of meat. To help ensure the meat browns properly you will need a very hot grill and you will want to dry the surface of the meat as much as possible.

On the other hand, to achieve tenderness on the inside of the steak, you want to make sure that you don't over-cook the meat—I recommend that you don't cook steaks beyond medium, or the meat will start to toughen. This happens because the proteins in the meat start to coil up tighter as the meat cooks—a little bit of this on the surface is good, because it provides a slightly crispy exterior.

Start checking for browning after about 2 minutes of cooking on high heat. Flip the steak as soon as it is well browned. After about 2 more minutes start checking the internal temperature with an instant read thermometer.

If the meat is well browned on both sides, but not yet finished cooking on the inside, move the steaks to a cooler part of the grill to finish cooking. Be sure to check the temperature frequently.

Pull the meat off the grill and let it rest in a pan, covered with foil for 3-5 minutes—this will help the meat absorb juices. Place some of the juices and olive oil on a cutting board and slice the meat across the grain.

Great steaks start with a clean, non-stick grill

1. Superheat to clean

The self heating function of your oven blasts away gunk. You can do the same with your grill. Place a sheet of heavy duty aluminum foil on top of the grill grates. The foil will reflect heat so the grill will get hot enough to burn off the gunk.

2. Scrape clean

Use a good grill scraper and brush to clean the grates as best as you can.

3. Slick it down

Grab a wad of paper towels with a pair of long handled tongs and dip them in a bowl of vegetable oil. When the towels have absorbed the oil, run them over the grill grates.

4. Make it non-stick

The oil will burn off at first. Continue to dip the towels into the oil and slick down the grate; it will become "non-stick." When the grate turns black and glossy, your grill is good to go.

Temperature Guide

If you want consistently good steaks, cooked just how you like them, use an instant read thermometer—these are inexpensive, and take the guess-work out of cooking meat—look for them at any store that sells cookware.

Take the temperature of the center of each steak. Cooking times will vary depending on the thickness of the steak.

Medium-rare: 125-135 degrees, 2-3 minutes per side

Medium : 135-145 degrees, 3-4 minutes per side

Medium-well: 145-160 degrees, 4-5 minutes per side

Well-done: 160 degrees and up, 5 minutes and up per side