



Steak on the Grill

Prep Time: 10 minutes

Cooking time: 15 minutes

Less is more with steak on the grill, as long as we're talking rib-eye, porterhouse or T-bone steaks. New York strip or a filet can be good too, but they have little fat on them and are easily overcooked on a grill. If you're using supermarket beef, try to find a "prime" cut steak. It's the most heavily marbled and the best for grilling. But "choice" will do. If the beef is marked "select," don't. Try to get steaks that are about one-and-a-half inches thick and about 10 to 12 ounces each. Unless you and your guests have great appetites, then go for the big guys—16 ounces and up.

Ingredients

(Four) 10 to 12-ounce T-bone, Porterhouse or Rib-Eye steaks (1-1/2 inches thick)

Salt and Pepper

Olive Oil

Directions

1. Before putting the steaks on the fire, rub some olive or vegetable oil on the grill grate. If there's a tail of meat on the porterhouse, fold it to one side and secure with a skewer before grilling.
2. Salt and pepper the steaks just before putting them on the grill.
3. Make sure the grill is real hot. If you don't have a thermometer, hold your hand about 6 inches above the grate. If you have to yank it back after 6-8 seconds, it's hot enough.
4. For grass-fed beef, sear the steaks on each side for 1-2 minutes, then turn the heat to low and continue grilling them for five to 10 minutes more without turning.
5. Pull them off when the temperature reaches 120 F for rare or 135 F for medium.
6. Turn the steaks with tongs or a spatula.

7. If you see drops of red juices appear on the steaks, they are already medium, so if you wanted a rare steak, you're out of luck. Don't flip them more than once.
8. Remove them to a platter, let sit for five minutes to let the juices in the meat distribute themselves more evenly, and serve.

Makes 4 servings.

***The Extra Touch:** Before cooking, rub the steaks with a mixture of ground pepper, olive oil and your favorite herb—we like ground thyme—or after the steaks are done, top with a dollop of flavored butter. Mix a stick of room temperature butter with two tablespoons of blue cheese or chives (or both) and put a tablespoon or two on each*

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