

Grilling

Take the beef out of the refrigerator about an hour before cooking and leave on the counter to warm up a bit. Drizzle about a teaspoon of olive oil on each side of the steak and rub in with your fingers. Sprinkle the standard steak seasoning mix all over the meat.

If using a gas grill, turn on the burners to HIGH heat and let it get hot for about 8 minutes. Place your steaks on the grill, immediately turn down the burners to LOW and close the lid. You'll hear the wonderful sizzling sound. Observe for a few minutes by peaking through the open grill vents just to make sure your fire isn't burning the meat. For a 12 ounce cut, let it cook for about 5-6 minutes. Open the lid and using tongs, turn the steaks over and immediately close the lid again. Cook for another 4 minutes or so. Try and keep the lid closed for the duration.



Test for doneness using a knife or fork. We remove the steaks when there's a nice pink center knowing the meat will continue to cook for a few minutes after removing from the grill. Take the steaks inside and let them "sit" for 5 minutes to allow the juices time to enhance the meat.

If using charcoal or wood for cooking, try the 4-Second Rule taught to us by the experts at the Texas Beef Council. Place your hand 4 inches over the grill. If you can leave your hand there for 4 seconds, your fire is the right temperature. Grill away. Enjoy!