

## Great Steak



### Ingredients:

CAB Kansas City Strip Steaks  
Extra virgin olive oil  
Herb butter  
Kosher salt  
Black pepper, freshly ground

18-20 oz ea  
sparingly, as needed  
as needed  
to taste  
to taste

### Method:

Pre-heat grill on high.

Unwrap the steaks and allow them to warm to room temperature. Grilling meat from a chilled state results in a tough finished product. Season steaks with salt and pepper only when ready to proceed to the grill. Lightly rub the steaks with olive oil. Beef with a fat cap is always served with the fat away from the guest. Most people are right-handed and will cut into the right side of the steak first. A wise cook accounts for this and ensures that the "tail" of the steak is pointing to the left when served. Always place the "presentation side" towards the heat first. The raw, opposite side will be moist when turned and will not be as attractive.

Hence, in the case of a strip steak, the steak should be placed on the grill with the fat cap away and the tail pointing to the right. Given that all procedures are followed and the grill is at the proper temperature, meat will "release" itself with little coaxing when it is well seared. Tugging and wrestling the steak loose from the grill will result in an unattractive, grey finish with no grill marks. Use good sense when placing multiple steaks on the grill as to utilize the space properly. Place steaks on "cold spots" first, and then hot spots. This will give enough time to catch up and cook them all evenly.

When the steak is ready to turn, lift it with tongs (never use a fork) and place it on a fresh area of the grill that is hotter than the spot that it was originally. While it is still bubbling, baste with the herb butter. Do not use the butter on a raw face of the meat, it will run off and burn. When the second side is ready to turn do so and set the steak down in a new spot again, only at a 45° angle to the original marks. This will quadrillace the presentation side; baste again. Begin checking for doneness using the hand technique or a probe thermometer. NEVER cut into cooking meat as the juices will rush out carrying the entire flavor with them. Once desired temperature has been achieved, allow the steaks to rest for three to five minutes before serving. Serve with sizzling herb butter if desired.

Classical temperatures:

**Rare:** 120°F Cold red center  
**Medium Rare:** 125°F Warm red center  
**Medium:** 130°F Hot red center  
**Not responsible for results over 140°F.**