

Recipe of the Week

June 18, 2018



Perfectly grilled steak

Ingredients

- 4 1 1/4-to-1 1/2-inch-thick boneless rib-eye or New York strip steaks (about 12 ounces each) – or filet mignons 8-10 ounces each, trimmed
- 2 tablespoons canola or extra-virgin olive oil
- Kosher salt and freshly ground pepper

Directions

1. 20 minutes before grilling, remove the steaks from the fridge and let sit, covered, at room temperature.
2. Heat your grill to high, and then brush the steaks on both sides with oil and season liberally with salt and pepper.
3. Place the steaks on the grill and cook until golden brown or slightly charred – 4 to 5 minutes.
4. Turn the steaks over and grill 3 to 5 minutes more for medium-rare (internal temperature of 135 degrees F), 5 to 7 minutes for medium (140 degrees F), or 8 to 10 minutes for medium-well (150 degrees F).
5. Transfer steaks to a cutting board or platters, tent loosely with foil and let rest 5 minutes before slicing.

Recipe adapted from the Food Network