

Tips for Grilling the Perfect Steak **(by John Wood, owner of Open Hand Pasta)**

The techniques here can apply to fish, pork, veggies, etc.

He recommends getting thinner steaks (1/2 inch) if you like your steak cooked well done, and thicker steaks (1-2 inch) if you like it more rare.

2 Steaks (NY Strip, Ribeye, etc.)

4 Tbs Butter

Herbs (whole pieces of thyme, marjoram, bay, rosemary, sage, etc)

Sea Salt

Black Pepper

1. Set out your steaks to warm up to room temperature at least 1-2 hours before you plan on grilling. This is called tempering your meat and is a very important step if you want a nice juicy steak.
2. Melt the butter, along with whatever herbs you have, in a small sauce pot. You can also add a crushed clove of garlic or a couple slices of onions. This is going to keep your steak juicy but also flavor it at the same time. You can add any flavors you want to the butter, but it's best to keep whatever you add in whole pieces so they don't get stuck on the steak later.
3. Heat your grill to 350-500. The more well done you want your steak, the lower the temperature should be. Well done meat takes longer to cook, and you don't want to burn the outside while the inside is cooking.
4. Sprinkle your steak with a little sea salt, and gently rub it into the meat so it doesn't just fall off while grilling.
5. Brush one side of your steak with a small amount butter and place it on the grill, buttered side down, at a 45 degree angle to the grill grates.
6. While this is cooking, carefully brush the top side of the steak with butter. The trick here is to never let your steak look dry. It should always be shiny with a small amount of butter on it. Brush more butter on as needed throughout the cooking and resting process.
7. After a couple minutes, once the steak has nice grill marks, flip it over, keeping the same angle, and keep brushing with butter.
8. After a couple more minutes, flip over again, but this time switch the

angle so that the steak is going in a different direction - this will give it a nice crosshatch pattern. Keeping basting with butter!

9. Flip over again, after a couple minutes, keeping the same angle. Keep basting.
10. Once the steak has nice marks on both sides, check to see if it is done how you like. You can use thermometers or a touch test, but the fool proof way to check is to use a paring knife and cut a little 1 cm slit in the center of the steak. Look inside and you can see exactly how it is cooked. Remember it will keep cooking a little while resting.
11. Let the steak rest for 1/3 the cooking time. So if it took 12 minutes to cook, let it rest at least 4 minutes. While this may seem unimportant, this will make a huge difference in the texture of the final steak. Keep basting during this process, remember - never let the steak look dry!
12. Season with a little more sea salt and freshly cracked black pepper right before serving.