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GRILLING GREAT STEAKS

Tips for Perfect Steaks

- Allow frozen steaks to thaw for 24 hours in the refrigerator.
- Season with olive oil, pepper and a small amount of your favorite spices. *(Salt to taste only after grilling)*
- Let refrigerated meat sit at room temperature at least 15 minutes to breathe.
- If using charcoal, be sure briquettes have reached chalk gray stage.
- Aim to turn steak only once.
- For uniform heat, keep the lid on except when turning or removing.
- Do not puncture meat with a fork. Use tongs to handle and keep natural juices inside.

Approximate Suggested Grilling Times (medium rare)

- New York Strips – 5 minutes first side, 5 minutes other side
- Filet Mignon – 6 minutes first side, 6 minutes other side

Beef Cooking Temperatures

| | | |
|-------------|------------------|---|
| Rare | 120° to 125° F | center is bright red, pinkish toward the exterior portion |
| Medium Rare | 130° to 135° F | center is very pink, slightly brown toward the exterior portion |
| Medium | 140° to 145° F | center is light pink, outer portion is brown |
| Medium Well | 150° to 155° F | not pink |
| Well Done | 160° F and above | uniformly brown throughout (not recommended) |