



GRILLED STEAK



Day Before: Place desired number of frozen (rib, t-bone, porterhouse) steaks in refrigerator to defrost for 24 hours.
Bring to room temperature before grilling.

Prep Time: **5 minutes** Cook Time: **15 minutes**

Tenleytown Meat Company steaks (rib, t-bone...) **kosher salt** and **coarse black pepper** to taste

What follows is our simple guide to grilling grassfed steaks like the rib-steaks, t-bones, and porterhouses. There are many sauces, seasoned salts, and more that one could try, and we encourage experimentation. However, these grassfed steaks, when done simply and kept closer to rare, are truly in a league of their own.

Preheat grill. Sprinkle and press salt and pepper into both sides to your liking.

Place steak in hottest section of grill, 3 minutes for rare, 3.5 for medium rare. Flip, and sit tight for another 3 - 3.5 minutes. With 30 seconds to go, **check internal temps with meat thermometer, roughly 125 degrees for rare**, 130 for medium rare. If you'd like it cooked more, move steak to side of grill for 1 - 3 minutes more, medium will be 135 degrees, well done at 140 degrees. Wrap in foil and transfer to warmed plate, let stand 5-10 minutes so steak may reabsorb and distribute juices, and serve.



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