

# Simple Great Steak

[Doug Keiles of Ribs Within BBQ](#)

From the Yale Appliance + Lighting Chef Series

## **Simple Recipe for a Great Steak:**

### **Ingredients:**

- Ribeye  $\frac{3}{4}$ " thick
- 1lb+ Ribeye steak
- Salt
- Black Pepper
- Your favorite BBQ Rub (We like Ribs Within Texas Rub) (Optional)
- 1 teaspoon of butter

### **To Grill:**

1. Take your ribeye out of the fridge. On a plate or platter, lay out the steak.
2. Sprinkle a small amount of salt and black pepper, and some BBQ Rub (beware that if your rub has a lot of salt, you may not need any additional salt) on each side.
3. Leave the steak on the counter, loosely covered if you want, and start up the grill.
4. Heat all burners on High for 5 minutes. Clean the grates.
5. Leave one burner on HIGH, one on MEDIUM, and one on LOW.
6. Go get the steak.
7. Cook steak on HIGH for 3 minutes per side for Rare. Add 1 minute per side on MEDIUM for one level of doneness (rare to medium rare, medium to medium well, etc).
8. When cooked to your liking, place on a plate, with a little butter on top. Cover loosely with foil or a lid for five minutes.
9. Slice, eat and enjoy!