

Hey there, Food Fans!

Welcome back to the final segment of my series on 5 Steak Techniques that can be done from home!

The heat of the summer is beating down, and if there was ever a time to throw a steak on the grill, this is it! Let's take a look at Grilling the perfect steak and options for seasonings and spices.

Grilled

Grilling a steak is a little different than doing them on the stove or in the oven, but it's super popular when the weather warms up.

Keeping things consistent from previous parts of the series, you'll need:

1 Rib-eye or New York Strip steak, roughly 1 inch thick

1 Tbsp garlic and rosemary compound butter

(or regular, unsalted butter)

salt and pepper

Start by bringing the steak to room temperature and heating the grill to high.

Brush all sides of the steak with melted compound butter and season heavily with salt and pepper.

Steaks can be grilled traditionally, right on the grate, or wrap the grate in aluminum foil to cook more evenly and allow for easier cleanup.

Place the steaks on the grill until they develop a nice sear, which should take 4-5 minutes.

Flip the steak and grill the other side for 3-4 more minutes.

Transfer the steaks to a cutting board or platter and let rest 5-10 minutes before slicing and enjoy!

Seasonings

I've mentioned garlic and rosemary compound butter in each of the recipes in this series, so here's how to make it. Compound butter is incredibly easy and can be made using any number of spice combinations, so try experimenting!

You'll need:

1 stick of butter, softened

2 cloves garlic, minced

3 tablespoons rosemary, finely chopped

Add the ingredients in a large bowl and mix until well combined.

Place the mixture on a piece of plastic wrap and roll into a log. Twist the ends to seal.

Refrigerate at least 1 hour. It's that easy!

Some other spices that are great for seasoning your steaks before cooking include:

garlic powder
onion powder
smoked paprika
thyme, finely chopped or powdered
ground mustard
ground cumin

Try mixing and matching these spices or a whole host of other steak seasoning blends to find the flavors that work best for you.

Happy eating!