

Steak 101: A Guide To Grilling

Step 1 - Preparation

Take your steak out of the fridge about an hour before you want to start cooking.

Get your BBQ as hot as you can on the grill side. Alternatively, you can use a heavy-duty pan on the stove.

Step 2 - Season the Steak

Rub your room temperature steak with vegetable oil and then season liberally with salt & pepper - cover the steak on all sides (don't worry, most of the salt will burn off).

Note - heavier seasoning is needed when cooking on a grill compared to a pan.

Step 3. Cooking

SIRLOIN - 220 GRAMS

- Render just the fat edge of the steak to help it cook out for about 40-60 seconds - be careful of fat dripping and setting your BBQ on fire!
- Flip the steak onto its side and sear quickly for 30 seconds, turn by 90 degrees and sear for a further 30 seconds. Flip the steak over and repeat.
- Once a criss cross patterned has formed, flip the steak for 30 seconds on each side again (3 mins altogether on the heat).

Next Step: Resting

BISTECCA ALLA FIORENTINA - 1 KG

- Render the fat side on the grill/pan for a few minutes (1-2 minutes depending on the amount of fat), followed by all other edges including the bone until the entire perimeter has been sealed.
- Now lay the steak down on its side and sear for 40 seconds
- Turn the steak 90 degrees and sear for a further 40 seconds
- Flip the whole steak over and repeat. You are aiming to get a full crust over the surface so it will take a further couple of flips and sears on different angles to

get a full surface coverage of sear. The steak should receive approximately 3-4 mins of intense hot searing.

- Move it to the shelf inside the BBQ (indirect heat) and close the lid so it keeps cooking (approximately 5- 8 mins). Otherwise, in a 200°C oven. For a nice medium-rare, you want to get the internal temperature close to the bone to 45°C.

Next Step: Resting

RIB EYE - 700 GRAMS

The cooking for the Rib Eye is very similar to a bistecca alla Fiorentina.

- Seal the outside of the meat. Do this by holding the steak with tongs and holding the bone to the grill/pan, followed by all other edges until the entire perimeter has been touched by the hot surface.
- Now lay the steak down on its side and sear for 40 seconds
- Turn the steak 90 degrees and sear for a further 40 seconds
- Flip the whole steak over and repeat. You are aiming to get a full crust over the surface so it will take a further couple of flips and sears on different angles to get a full surface coverage of sear. The steak should receive approximately 3-4 mins of intense hot searing.
- Move it to the shelf inside the BBQ (indirect heat) and close the lid so it keeps cooking (approximately 5- 8 mins). Otherwise, in a 200°C oven. For a nice medium-rare, you want to get the internal temperature close to the bone to 45°C.

Next Step: Resting

Step 4 - Resting

Let it rest (15 mins) in a warm environment (not too hot, as it will keep cooking). An option is to turn the BBQ off and leave the lid partially open -

Do not skip this step, resting is very important!

Step 5 - Serving

Slice each side against the grain and serve on a hot plate.

Season with a little more salt, a drizzle of olive oil and a squeeze of lemon.