

# GREAT GRILLING

## Grill Your Next Steak Like A Seasoned Pro

(NAPSA)—According to the Weber GrillWatch Survey, steak once again tops the list of American barbecue owners' all-time favorite foods to grill.

“Although grilling a steak sounds simple, there's more to it than just throwing a piece of meat on the grate,” says Chef Jamie Purviance, author of the best-selling cookbook “Weber's Real Grilling.” “Knowing the secrets to choosing, prepping and cooking a mouthwatering, delicious steak will help grillers achieve restaurant-quality results every time.”

Follow these tips from Chef Purviance for a great grilled steak:

**Lean and Mean:** Steak should be at least 1 to 1¼ inches thick so you can sear the outside without overcooking the center. Trim fat around the edges to ¼ inch to avoid flare-ups.

**Making the Grade:** “Prime beef is unparalleled in taste and quality, but it may take a trip to the butcher's to wrangle dinner,” says Purviance. “Choice beef is much easier to find and still has good taste and texture.”

**Chill Out:** Steak should never go directly from the refrigerator to the grill. For the juiciest results, allow the steak to come to room temperature for 20 to 30 minutes. Then pat the steak dry, lightly brush with oil on both sides and season with kosher salt and black pepper five to 10 minutes before grilling.

**Lock in the Flavor:** “It's important to use a very hot grill if you want to create a wonderful, caramelized crust and beautiful



**Get restaurant-quality results with this recipe.**

sear marks,” says Purviance. “I recommend using a grill with a dedicated sear burner, like certain Weber Summit gas grills that have a sear station capable of reaching temperatures up to 900 degrees.”

**Let it Be...Oh, Let it Be:** Resist the urge to poke at your steak or turn it with a fork. This allows precious juices to escape, along with the flavor. A good set of tongs works best.

### **New York Steaks With Roquefort Butter** *Marinating Time: 1 hour*

#### **Butter:**

**4 tablespoons (½ stick) unsalted butter, at room temperature**

**2 ounces (about ½ cup) crumbled blue cheese, such as Roquefort**

**¼ teaspoon granulated garlic**

**¼ teaspoon freshly ground black pepper**  
**4 New York strip steaks, about 8 ounces each and 1-inch thick**  
**Extra virgin olive oil**  
**Kosher salt**  
**Freshly ground black pepper**  
**4 lemon wedges**

**1. To make the butter:** In a small bowl, combine the butter ingredients. With the back of a fork, mash the butter mixture together until evenly distributed.

**2. Trim most of the exterior fat from the steaks. Allow to stand at room temperature for 20 to 30 minutes before grilling. Lightly brush or spray both sides of the steak with olive oil and season with salt and pepper to taste.**

**3. Grill over direct high heat until cooked to desired doneness, turning once (if flare-ups occur, move the steaks temporarily over indirect high heat). Remove and let rest for 3 to 5 minutes. Serve warm with the butter smeared over the top and lemon wedges served on the side.**

**Makes 4 servings.**

**Note:** If your grill has a sear burner, grill the steaks over that very hot area for about 1 minute on each side. Then move steaks to a cooler area of the grill to finish cooking.

For more information about “Weber's Real Grilling” and recipes, visit [www.weber.com](http://www.weber.com).