

HOW TO GRILL THE PERFECT STEAK

Using a charcoal chimney (no lighter fluid) allow the coals to get fiery red hot and, as soon as all the coals are ignited, dump the coals into your grill. Stop! Do not cook your steak over this much intense heat. Wait until the coals become a white ashy gray and no fire is projecting out of the coals.

Make sure the coals are evenly spread out, and make sure to have an open can of beer available to extinguish any flare ups. The beer puts off a wonderful flavor and aroma to the steak.

Place the steak(s) diagonally across the grill grates in order to get good grill marks.

The next step requires an inexpensive timer. Set the timer on four minutes and flip your steak. Repeat this during the whole cooking process. Monitor the temperature of the steak in the thickest part of your steak (usually the middle). Note:: take your temperature reading prior to flipping the steak. Do not take the reading immediately after the flip as you will get a higher and inaccurate reading.

The marinade as well as the cooking procedure will work for larger cuts of meat. However, if you are doing a large roast, indirect cooking method is recommended rather than this direct method.

INTERNAL TEMPERATURES

Bloody Rare = 120*

Rare= 125 -130*

Medium = 135 – 140*

Well Done = 140 – 150*

Sacrificed = 150 – 170*

Steak & Beef Marinade

1/3 Teriyaki

1/3 Red Wine Vinegar

1/3 Water

Plus 1 shot of Bourbon for every quart of marinade. Allow meat to marinate overnight, and before cooking rinse meat off thoroughly.

Accompaniment

Wiley's Special Mushrooms
(Janet's Favorite)

- Butter
- Seasoned Salt
- Splash of Lea& Perrin's Worcestershire Sauce

Using a skillet, sprinkle sliced mushrooms with Seasoned Salt. Melt the butter(about half a stick for 1 pound mushrooms) and add a good splash of Lea & Perrin's. Saute until they become dark.

Note::Using too much L&P can upset the tummy!

*If using whole mushrooms, tear off the stems and half or quarter them.