

## Grilling Steak Transcript

0:00:00.280,0:00:02.855

Choosing and grilling the perfect steak is simple when you know what to look for.

0:00:02.860,0:00:05.400

I'm Chef Gavin

0:00:05.400,0:00:07.685

with the Certified Angus Beef brand.

0:00:07.685,0:00:10.695

and I'm going to give you some time-tested tips

0:00:10.700,0:00:12.820

to help you stake your claim to the title of grill master.

0:00:19.780,0:00:22.780

We have a nice selection of steaks here.

0:00:22.780,0:00:25.800

And while they're all a little different, one of them is good not the grill.

0:00:25.945,0:00:29.015

there are a lot of beef cuts labelled as steaks.

0:00:29.015,0:00:31.715

but that doesn't always mean they're good for grilling.

0:00:31.715,0:00:33.625

sometimes it just means they're roasts, cut

0:00:33.625,0:00:36.655

cut down to a smaller size. What we have here

0:00:36.655,0:00:39.645

are the best for grilling. You'll recognize them as the same ones

0:00:39.645,0:00:42.935

you'll see at steakhouses. We have the strip steak,

0:00:42.935,0:00:45.965

sometimes known as a New York strip or Kansas City strip.

0:00:45.965,0:00:48.865

No matter what you call it - it delivers classic

0:00:48.865,0:00:51.685

robust, beefy flavor. It can be cut to anything

0:00:51.685,0:00:54.705

But in my opinion, it's best

0:00:54.705,0:00:56.835

at 1 and a half inches thick.

0:00:56.835,0:00:58.255

Also want to point out the marbling.

0:00:58.645,0:01:00.815

that's the little white flecks within the meat

0:01:00.815,0:01:03.715

and what the Certified Angus Beef brand is known for.

0:01:03.845,0:01:07.005

marbling is full of flavor and you want a lot of it

0:01:07.005,0:01:09.255

because as the steaks cook,

0:01:09.255,0:01:12.065

marbling melts to make every bite juicy and flavorful.

0:01:12.445,0:01:15.505

Next is the tenderloin steak, which you'll often hear called the

0:01:15.505,0:01:18.445

filet mignon or just the filet.

0:01:18.445,0:01:21.125

It has a characteristic round appearance.

0:01:21.125,0:01:22.675

As the name implies, it's

0:01:22.675,0:01:24.905

the most tender beef cut of them all and

0:01:24.905,0:01:27.295

its why a lot of people love this steak.

0:01:27.295,0:01:30.285

It's also lean and has a mild flavor

0:01:30.285,0:01:33.295

if you can't decide between a strip and a filet go

0:01:33.295,0:01:36.245

for a porterhouse or a tbone actually two steaks in one.

0:01:36.245,0:01:38.805

A strip steak on one side of the famous t

0:01:38.805,0:01:41.405

shaped bone and a tenderloin on the other.

0:01:41.500,0:01:44.440

What's the difference between a tbone and a porterhouse.

0:01:44.480,0:01:46.660

the porterhouse has a larger portion of the filet

0:01:46.660,0:01:48.100  
than the tbones do.

0:01:48.580,0:01:51.580  
finally we have the ribeye steak this is my favorite.

0:01:51.585,0:01:54.500  
Ribeyes can be boneless or bone-in.

0:01:54.725,0:01:59.645  
Ribeyes are full of naturally robust flavor

0:01:59.645,0:02:01.415  
because of their generous marble. They're also naturally tender and juicy.

0:02:01.415,0:02:04.405  
See how the ribeye has two parts the big eye in the center

0:02:04.405,0:02:07.095  
as well as the thinner piece

0:02:07.095,0:02:10.515  
known as the smenalus wrapped around the outside.

0:02:10.555,0:02:13.855  
A lot of chefs say that's the best piece of meat you can get.

0:02:14.065,0:02:16.925  
it's time to get grilling, first

0:02:16.925,0:02:19.645  
preheat your grill you want it nice and hot to

0:02:19.645,0:02:22.285  
get a good sear on the steaks. while that's going

0:02:22.285,0:02:24.635  
I'm going to season my steaks with a generous amount of

0:02:24.635,0:02:26.635  
salt and fresh cracked pepper.

0:02:27.015,0:02:29.795  
You can season your steaks any way you like but

0:02:29.795,0:02:31.555  
salt and pepper are all you need

0:02:31.555,0:02:34.635  
when you have a steak as much marbling and natural flavor

0:02:34.635,0:02:38.055  
as this. I just want to enhance that not cover it up.

0:02:38.495,0:02:41.235  
The grill is hot so I'm going to put the steaks on.

0:02:41.235,0:02:44.125

I like to use tong because it gives me more control.

0:02:44.585,0:02:46.175

listen to that sizzle

0:02:46.825,0:02:49.665

After a minute or two depending on the thickness of

0:02:49.665,0:02:51.655

the steaks its time to turn them.

0:02:52.175,0:02:55.245

You'll know they're ready when they release easily from the grates.

0:02:55.385,0:02:57.765

If they stick give them a little longer.

0:02:58.145,0:03:01.595

when you flip your steak you should hear it sizzle listen.

0:03:02.595,0:03:05.675

Same thing on this side give it a little time to

0:03:05.675,0:03:08.465

get a flavorful crust on the outside.

0:03:08.465,0:03:10.895

The only way to know if your steak is done to the doneness

0:03:10.895,0:03:14.065

you want is to use an instant read thermometer.

0:03:14.235,0:03:17.735

Carefully put it in the center of the steak so that you get a true read.

0:03:17.765,0:03:20.615

I recommend medium or medium rare. You'll

0:03:20.615,0:03:23.655

want to take your steak off the grill at about five degrees shy of your target

0:03:23.655,0:03:26.545

temperature as you let the steaks rest before serving

0:03:26.545,0:03:29.615

the juices will redistribute

0:03:29.615,0:03:32.185

and the steaks temperature will continue to rise

0:03:32.185,0:03:34.745

5 degrees. You'll end up at the perfect

0:03:34.745,0:03:37.465

doneness. There you have it the perfect steak.

0:03:37.465,0:03:40.125

With a few tips it's easy to achieve

0:03:40.125,0:03:41.175

grilling greatness.