

# How to bbq the perfect steak

Steak done to perfection!

Here is our secret in achieving the perfect steak on the bbq.....

1. Ensure you start with a clean bbq.
2. Remove the steak from the fridge 10 minutes before you want to bbq it. Cold meat won't cook evenly when it hits a hot bbq.
3. Make sure you heat up your bbq before you begin cooking on it. The steak should always be placed on a hot plate or grill and should sizzle when it is placed on the bbq.
4. Season the steak before you cook it. You can brush it with a little oil if you like to ensure that it does not stick to the plate or grill.

## **HOW DO YOU KNOW WHEN TO TURN A STEAK? SIMPLE.....**

5. When you see the moisture (blood) rising to the surface of the steak, turn it.
6. When you see the moisture at the surface of the steak, take it off.
7. If you like your steak well done, cook it until you cannot see any blood at all.
8. **REMEMBER**, allow your steak to rest after it comes off the bbq. This means to leave it on a clean plate in a warm place before you eat it. Resting the steak for about 5 minutes will seal in the juices, making the steak tastier and more succulent  
Enjoy!

## **SOME SMART TIPS FOR BBQ'ING STEAKS**

- Do not crowd the bbq with steaks, ensure they are spread out. Crowding will reduce the heat on the bbq and cause the steaks to stew. Yuck!
- To test if the steaks are to your liking, use your bbq tongs by pressing the centre of the steak:
  - **RARE** is soft
  - **MEDIUM** is firm
  - **WELL DONE** is very firm

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