

Vitality Cuisine: What's at steak



By Courtesy Lobel's

There is perhaps no better source to consult on how to grill a perfect steak better than Lobel's of New York City.

[Photos](#)



By Laura Kurella
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My father, God bless his soul, loved steaks. So much so, that he would even suck on the bones afterwards until they were dry!

Although he's been gone for a very long time, Father's Day will always remind me of him and his great love for steaks.

Daddy would have really appreciated being alive today. He died before even VCRs or microwaves made it into our homes. And Dad would surely be salivating over improved varieties of beef we have to choose from like Natural Prime, American Wagyu and Kobe, to name a few.

With all these wonderful new varieties comes a hefty price tag, so it's more important than ever to be precise in how to cook these new varieties of beef. So I turned to the experts for advice. No one knows prime meat better than Lobel's of New York City.

Evan Lobel of Lobel's of New York City offered a step-by-step guide to help you make the most of your meat.

Lobel said anyone can grill the perfect steak with a little knowledge, that is.

"We think steaks 1 1/4 inches thick or more are best for the grill" said Evan, "and are best grilled using the indirect-heat method."

He prefers a two-stage method of searing briefly over high direct heat to develop a crunchy, caramelized crust and then finishing over moderate heat to bring it up to the desired degree of doneness.

See his step-by-step tutorial on how to prepare a fantastic steak.

This week, I'm passing along some recipes from Lobel's, including filet mignon with gorgonzola scallion compound butter.

If you'd like more of the same, please visit www.lobels.com.

Happy Father's Day!

Evan Lobel's guide to great steaks

Step 1: For steaks 1-1/4-inch thick or more: Building your fire to one side of the fire bowl creates two temperature zones: one for searing

over high direct heat, and one for bringing the steaks up to temperature using moderate indirect heat.

Step 2: After removing the steaks from the refrigerator, allow them to come up to room temperature—about 30 minutes. Assemble with olive oil, sea or kosher salt, and pepper just before putting them on the grill.

Step 3: Sprinkle with fresh-cracked pepper and salt.

Step 4: Sear over direct heat for 2 to 4 minutes, depending on the thickness of your steak and the heat of the fire. Searing can be done with the grill lid on or off.

Step 5: After searing, move the steaks to the opposite side over the grill to cook indirectly until done (with the grill lid on).

Step 6: Brush with olive oil, if desired. Alternatively, you can brush the steaks with olive oil before putting on the salt and pepper before they go on the grill.

Step 7: Check the internal temperature with an instant-read thermometer after about 80 percent of the estimated cooking time has elapsed. Don't poke the steak too soon, or you lose precious juices.

Step 8: After removing the steaks from the grill, allow them to rest 3 to 4 minutes so the juices can redistribute within the meat for the juiciest steak you've ever tasted.

Courtesy EVAN LOBEL, Lobel's of New York

Grilled filet mignon (with gorgonzola scallion compound butter)

Serves 4

Total preparation time: 1 hour

4 (6 oz.) filet mignons

1 to 2 tablespoons olive oil

1 tablespoon cracked black pepper

Vegetable oil cooking spray

1 to 2 teaspoons coarse salt

4 tablespoons gorgonzola scallion
compound butter (recipe follows)

1. Rub the steaks with olive oil and pepper. Set aside for 20 to 30 minutes until ready to grill.

2. Prepare a charcoal or gas grill. Lightly spray the grill rack with vegetable oil cooking spray. The coals should be moderately hot to hot.

3. Rub the salt into both sides of the steaks. Grill for 5 to 6 minutes on each side for rare meat or for

6 to 7 minutes for medium-rare meat. Brush a little more olive oil on the steaks after they are turned. Place a pat of the compound butter on top of each filet mignon as soon as it comes off the grill so that the butter begins to melt on top of the meat. Let the meat rest for a few minutes before serving. Recipe Courtesy of Lobel's of New York, 1096 Madison Avenue, New York, NY 10028

Gorgonzola scallion compound butter:

Total preparation time: 10 minutes

1/2 cup (1 stick) unsalted
butter, softened

4 ounces Gorgonzola cheese,
crumbled, at room temperature

1/4 cup chopped scallions

1 teaspoon coarsely ground
fresh black pepper

1/2 teaspoon balsamic vinegar

1. Using a hand-held mixer or a mini food processor, blend the butter and Gorgonzola until smooth. Add the scallions, pepper, and vinegar and blend for about 1 minute longer until fully incorporated. Alternatively, mix the ingredients by hand.

2. Lay a piece of plastic wrap on the countertop. Scrape the butter onto the plastic and, using the plastic wrap as a guide, form the butter into a log. Fold the ends closed and refrigerate until ready to use.

Courtesy Lobel's of New York

Questions or comments?

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