

*The Lobel Family*



*guide to Grilling*

GRILLING

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## *Grilling*

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*is one of the simplest and most gratifying of the culinary arts,  
but to grill well one must love and respect food.*

# *Table of Contents*

*pg.1..... The Art of Grilling*

*pg.3..... Getting Started*

*pg.8..... Building and Lighting the Fire*

*pg.11..... Purchasing Meat for the Grill*

*pg.14..... Marinades and Spice Rubs*

*pg.17..... Meat, Meet Grill*

*pg.22..... About Lobel's of New York*

## *In Grilling*

*as in all the arts, simplicity is the sign of perfection.*

## *The Art of Grilling*

*Part cooking technique, part art form, grilling is a festive pastime that brings people together for relaxation, companionship and the enjoyment of fine food and drink. For the Lobels, grilling is a family affair, an exciting opportunity to gather and create a sumptuous, flavorful feast. In this guide, the Lobels hope to share with you their enthusiasm for grilling and the knowledge needed to do it well.*

### *Why Grill?*

Over the past 40 years, meat-lovers have gravitated away from purchasing large cuts of meat such as roasts and today buy mostly small, individually sized cuts, including steaks, ground meat, chops, boned chicken breasts and pork loins. This migration suggests that today's meat-lover is interested in quicker, cleaner cooking, making grilling an obvious choice of method.

Grilling also lends itself well to advanced meat preparations such as the use of marinades and spice rubs, allowing the creative cook to prepare astonishingly delicious meals quickly and easily.

While grilling was once considered a summer-only activity, improved grill designs and fuels now make all-weather and indoor grilling simple and easy. However, the best reason to grill is simply that grilled food tastes great!

## *The Lobel Family*

As proprietors of Lobel's Prime Meats, the highly regarded New York City butcher shop and its online counterpart, Lobel's of New York ([www.lobels.com](http://www.lobels.com)), the Lobels are among the world's most respected authorities on meat preparation and have provided fine meats and sound advice to celebrities and culinary professionals alike. Brothers Stanley and Leon and their sons Evan, David and Mark draw on five generations of experience in the meat trade to provide customers with the best meat available anywhere and the information needed to prepare it expertly. The Lobels are nationally known authors of a number of books on meats and grilling, including *Prime Time: The Lobel's Guide to Great Grilled Meats*.

*Photo: Leon, Evan, David, Mark, Stanley*



## *Getting Started*

### *Choosing a Grill*

While there are many different types of grills, there are just three main factors involved in choosing the best one for you:

- Size:** Your grill should be large enough for the amount of food you will typically cook on it.
- Condition:** Your grill should stand safely and neither the firebox nor the grill rack should be rusted.
- Preference:** Many experts have different opinions on the best type of grill. Some like using a small tabletop grill while others prefer a waist-high standing grill. While there are different advantages to each type, the most important thing is that you use a grill you enjoy and trust.

### *A Quick Overview of Grill Types*

Although some aficionados swear by brazier-style grills with racks that can be raised or lowered, the Lobels prefer grills with covers and stationary (but removable) grill racks. Too many styles of grill are on the current market to fully describe all of the possibilities, but here are a few of the basic grill types:

**Covered:** Round or rectangular and available in many sizes, these grills generally feature fixed racks that position food about six inches from the fire. When closed, the cover traps smoke, infusing food with outdoorsy flavor while smothering any flare-ups. Many models have vents in the top of the lid and bottom of the grill, making it easy to control temperature.

The most popular covered grill is the kettle-style grill, which is round with a domed, unhinged lid that circulates heat evenly.

**Hibachi:** These small, Japanese-style iron brazier grills are usually well-made and perfect for small backyards or small families. Generally measuring approximately 10x15 inches, hibachis are excellent for grilling steaks, chops or anything that requires hot, direct heat.

**Gas:** Convenient and steadily decreasing in cost, gas grills are becoming a popular option for backyard chefs. While gas grills do not give foods the same distinctive flavor as charcoal grills, they are simple to light and allow for easy temperature control.

Some gas grills are permanent fixtures, built into the patio or deck as part of an outdoor kitchen and attached to the home's main gas line. Others burn propane, which is inexpensive and readily available, in refillable tanks.

*Tip: Remember to remove the lid near the end of cooking so meat can develop a crispy crust!*

*Tip: When using a hibachi, lay pieces of food close together (almost touching) so the entire grill surface is covered and holds precious heat in.*

*Tip: If you have a gas grill that uses canned propane, keep a spare tank full and handy in case your first tank runs out while cooking.*

## **Fuel School**

Those who use charcoal grills may be astounded at the variety of fuel types available in the average supermarket. While most charcoals will work in a pinch, there are definite differences between the various types:

**Hardwood Lumps:** The Lobel family's fuel of choice, hardwood lump charcoal (also known as natural charcoal) burns hotter, longer and cleaner than standard briquettes. Made from hardwoods such as oak, maple, cherry, mesquite and hickory, natural charcoal is the best despite being irregularly shaped.

**Hardwood Chunks:** Grillers in search of a noticeably woody flavor should experiment with hardwood chunks, which are simply pieces of hardwood that have not been compressed into charcoal. Hardwood chunks impart the distinct woody flavor that charcoal does not but take longer to get hot than charcoal and burn faster, smokier and at a lower temperature.

**Standard Briquettes:** Evenly shaped and less expensive than hardwood lump charcoal, standard briquettes burn slightly faster and cooler. Nonetheless they burn evenly and cleanly and are an adequate fuel source for grilling.

**Fuels Not to Use:** While convenient, self-lighting briquettes are saturated with chemicals that give foods an oily, unappetizing flavor. The Lobels also recommend against using the very cheapest charcoals as they are often made with fillers such as inferior sawdust, causing them to burn "dirty" and more quickly than other types of fuels.

**Flavoring Agents:** Like hardwood chunks, hardwood chips (often labeled “smoking chips”) provide real wood flavor when added to charcoal. However, these must be soaked in water before use, are not adequate fuel on their own and can dampen the fire if used overzealously.

Some grillers like to add water-soaked fresh herbs, citrus peel or cinnamon sticks to the fire to produce aromatic smoke. While these do make the air smell wonderful and enhance the entire grilling experience, they don’t generally flavor the food much and are no substitute for a good spice rub or marinade.

### *Tools of the Trade*

While grill manufacturers will gladly sell you as much equipment for your grill as you care to buy, there are really only a few necessary tools:

*Long-handled tongs, spatulas and forks with heatproof handles*

*Long-handled, soft-bristle brushes for applying marinades and sauces.*

*Heavy oven mitts*

*A stiff metal bristle brush and scouring pads for cleaning the grill rack.*

*A spray bottle of water to extinguish any flareups.*

*Tip: Be sure not to use soft woods like pine, spruce and cedar as fuel or flavoring agents; their smoke is bitter and acrid.*

*Tip: While a fork can be useful, piercing grilling meats with one is generally not a good idea as it releases juices that should be inside the meat, keeping it moist. Turn grilling foods with tongs or a spatula instead.*

*Tip: Spraying your grill rack with vegetable oil cooking spray keeps food from sticking to it and makes cleanup quick and easy, as does cleaning the grill rack while it is still warm.*

*Good sharp knives*

*Large cutting boards*

*An instant-read meat thermometer*

*One of the greatest inventions for the backyard grill cook. This sturdy, sharp-tipped thermometer lets you know the internal temperature of meats quickly and easily, promoting food safety and preventing overcooking.*

Of course, not every setup need be as basic as this. Here are a few additional items that the Lobels have found quite useful:

*Shallow glass or ceramic dishes for marinating.*

*Heavy-duty zip-closure plastic bags and rigid plastic containers with tight-fitting lids, also for marinating.*

*Mesh grill screens which can be laid on the grill’s rack to cook delicate foods like fish and ground-chicken burgers.*

*Metal skewers for kabobs (10–12 inches long).*

*Tip: If you want to use bamboo skewers for kabobs, soak them in cold water for at least 20 minutes (draining them afterwards) before threading food onto them so they won’t smolder on the grill.*

## Building and Lighting the Fire

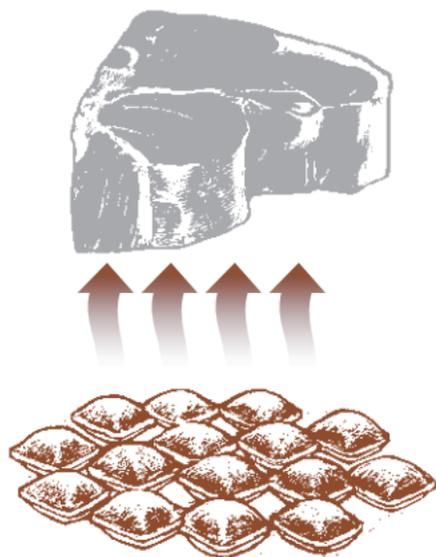
### How Much Fuel?

Spread a single layer of briquettes in the grill's firebox such that the briquette area is slightly larger than the food (usually no more than five pounds of standard briquettes or three-four pounds of hardwood lump charcoal). If you will be grilling for longer than 30 or 40 minutes, you will need to add six or seven fresh coals to the fire every thirty minutes after that time to maintain a steady temperature. Knowing your grill is important here as different types of grills burn fuel at different rates.

### Grilling Methods: Direct vs. Indirect

Since grill temperature cannot be regulated by the turn of a knob as it can on the stove, experienced grillers have come up with these two basic methods for controlling temperature, simply known as direct and indirect grilling.

**Direct grilling** is the way most people grill, with a single layer of coals spread evenly under the food. This allows burgers and small cuts of meat to cook quickly since the single layer of coals provides steady heat whether the grill is open or covered.



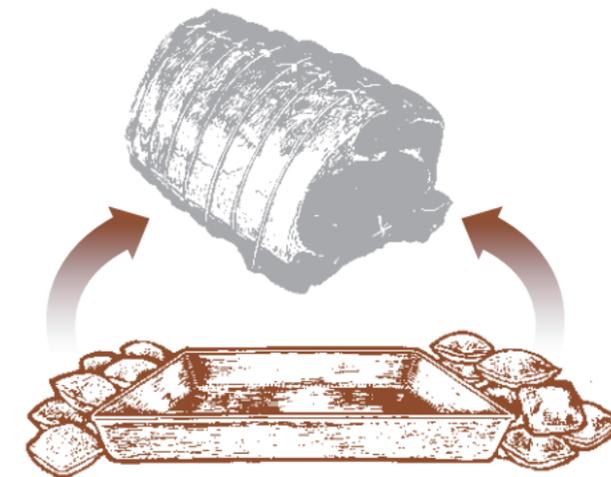
**Indirect grilling** is best suited for long, slow cooking in a covered grill and is the best way to cook very thick steaks (2 and 1/2 inches or more) and other large cuts of meat. Instead of spreading a single layer of coals evenly, create two piles of coals, each two to three coals deep, with an empty space between them. Searing a thick cut over direct heat and moving it to the empty space in the middle of the grill allows for slow, even cooking as the grill's cover circulates heat.

### Lighting the Coals

There are several ways to light coals:

**Chimney Starter:** Using this sturdy, inexpensive metal cylinder is one of the most popular ways to light coals. Pile charcoal in the larger, top section of the chimney, stuff crumpled newspaper in the bottom and light the paper. The coals will ignite as heat from the paper fire sweeps up the chimney. When the top layer of coals become covered in ash, pour them into the firebox and arrange.

**Electric Starters:** Spread briquettes in the grill's firebox, lay the starter's looped heating element over them, pile more briquettes over it and plug the starter into an electrical outlet. Remove the starter when coals begin smoldering and mound the coals until they are all covered with gray ash.



*Tip: Once you get used to it you may find that indirect grilling is an excellent cooking style for many foods. Although it takes a bit longer than direct grilling, it is a sure way to promote even cooking and prevent foods from burning.*

**Solid Starters:** These small blocks of pressed wood fibers are saturated with flammable chemicals and light quickly. Unlike self-lighting briquettes, solid starters do not have enough chemicals in them to affect the flavor of food.

**Liquid Starter:** Also known as charcoal lighter fluid, this is America's most popular ignition agent. However, liquid starter can be very dangerous as impatient grill chefs can cause flareups by squirting it on already ignited coals. To use properly, pile briquettes in the center of the firebox and douse with starter, waiting one minute for the liquid to permeate the coals before igniting them with long matches. Never allow children to use liquid starters.

### *The Heat of the Fire*

Grilling is more art form than exact science; if your grill is hot, its specific temperature is not as important as in other culinary techniques, such as baking. However, knowing about how hot your grill is will help you gauge cooking times and know when to stoke the fire.

Mounting an accurate oven thermometer under the lid of a covered grill is one way, but if you are using a hibachi or don't have an oven thermometer, do not despair. The Lobels prefer to rely on visual cues and the open-hand test (how long you can comfortably hold your hand four inches above the coals) in this chart:

	<b>Seconds you can hold the palm of your hand four inches above the coals</b>	<b>Temperature Range (°F)</b>	<b>Visual Cues</b>
<b>Hot coals</b>	2	400 - 450	Barely covered with gray ash; deep red glow
<b>Moderately hot to hot coals</b>	3	375 - 400	Thin coating of gray ash; deep red glow
<b>Moderately hot coals</b>	4	325 - 375	Significant coating of gray ash; red glow
<b>Moderately cool coals</b>	5	300 - 325	Thick coating of gray ash; dull red glow

## *Purchasing Meat for the Grill*

### *Buying the Best*

The meat you choose to grill is undoubtedly the most important aspect of the grilling experience. The Lobels sell only the highest grades of meat available: prime for beef, veal and lamb, #1 for pork and Grade A for poultry. While these grades of meat are not available everywhere, the most important thing is to buy the best you can find and afford; you will be rewarded when the meal is served.

### *What to Look For*

Here are a few tips on selecting meat from a butcher or supermarket:

**Ground meats** should be rosy-colored and evenly mixed with creamy white particles of fat, without browned sections.

**Beef** should have a minimum of cream-colored outer fat, even marbling (delicate streaks of intramuscular fat running through the meat) and soft-looking, reddish-colored bones. The meat should be firm, fine-textured and a light cherry-red color. Dry-aged beef is best for virtually all applications.

### *Food Safety*

*It is just as important to maintain sanitary conditions when grilling outside as it is in the kitchen. Thoroughly cleaning anything that comes in contact with uncooked meat or poultry, including cutting boards, utensils and hands, is a must.*

*In addition, slathering grilling meat with its marinade is not a good idea (except during the very early stages of cooking) as the grill will need adequate time to render any bacteria in the marinade harmless.*

**Lamb** should be fine-textured, firm and lean. The meat should be pink in color with a thin white layer of firm external fat and cross sections of bone should be red, moist and porous.

**Veal** should be firm, velvety and moist, but not watery. The flesh should be almost white to a very light pink and the fat covering the meat should be slight and whitish in color. The bones should be small in width, bright red, as though full of blood, and fairly soft to the touch.

**Pork** should be pinkish-gray and lean with firm, white fat and red-streaked bones.

**Chicken** should be evenly colored with skin that is slightly yellow (a good sign that the bird was fed corn), well-developed breasts and rounded thighs. Buying whole chickens and butchering them yourself will save you money and ensure that the meat you cook has been less handled than pre-packaged chicken parts.

**Turkey** should be pale in color (sometimes even tinged blue, which is perfectly acceptable), with plump breasts and round thighs. Buy only fresh turkey as frozen birds are generally tasteless and dry.

### *What to Avoid*

The Lobels recommend against buying meat with any of the following characteristics:

Fat that is yellowish or gray

Meat with absolutely no marbling

Meat that has a deep red color

Meat that has a two-tone coloration

Meat with a coarse texture

Meat with excessive moisture

Meat that is too fresh because it has not been aged properly

Packaged meats that have puddles of water in them, indicating that they may have been repeatedly frozen and defrosted.

### *Buying in Season*

In the past, old-time farming practices made different meats highly seasonal, with quality and availability directly affected by the time of year. While modern farming practices have made most meats available throughout the year, lamb and pork are still considered somewhat seasonal and are best from mid-April through early October.

### *How to Best Handle Meat*

Meat and poultry should always be bought and stored cold and protected from unnecessary exposure to air until it is being prepared for the grill. Buy meat last in your shopping and store it in its original packaging in the coldest part of your refrigerator (usually at the rear of the lowest shelf). Even if it is prepared in advance with a marinade or rub, meat should be returned to cold storage as soon as it has been prepped. It is simply not safe to hold meat or poultry at room temperature for longer than one hour.

However, almost all meat (except for ground meat for burgers) should always be cooked at room temperature, which requires removing it from the refrigerator and leaving it, still wrapped, on the counter about 30 minutes before grilling. Then unwrap it and pat it dry with paper towels before preparing it for the grill.

Trimming fat is largely a matter of choice. For many people, fat equals flavor. However, many may wish to trim the fat for health reasons or simply due to preference. As fat provides needed moisture during grilling, those who trim it away may wish to marinate meats to keep them moist.

## *Marinades and Spice Rubs*

### *Why Marinate?*

Simply put, using marinades is a fun way to flavor meats in a vast variety of ways. All marinades contain an acid, most commonly wine, vinegar, tomato or citrus juice that infuses the meat with tangy flavor. In theory, the acid also tenderizes the meat slightly, although the quality of meat today makes this largely unnecessary. Most marinades are also accented with fresh or dried herbs, spices and flavorful vegetables and usually contain a small amount of oil that serves two purposes: adding moisture and acting as a flavor conductor. Here are a few tips on safe marinating:

The acid in all marinades will react with aluminum, which can give food a slight metallic taste. It is best to marinate all food in nonreactive containers made from materials such as glass or ceramic, although sturdy plastic containers or zip-closure plastic bags will work as well.

Marinate meats in the refrigerator for safety, turning the meat in the marinade several times to coat it fully and then covering it with plastic or a lid.

As previously discussed, pat meats dry with a paper towel before marinating and always let marinated meat reach room temperature before grilling.

Marinating meats for longer than four hours is generally unnecessary as marinades do not penetrate the meat more than 1/4 inch deep. While marinating beef for longer periods of time can

*Tip: When using dried herbs in a marinade, crush them between your fingers to release their essential oils before adding them.*

be convenient, marinating tender cuts like chicken breast or pork for longer than four hours can make the meat mushy.

Do not baste meat with its marinade, except in the first minutes of grilling, when there is sufficient time for the fire to destroy any harmful bacteria. If you want to use the marinade as a sauce for the meat once it is cooked, be sure to bring it to a rapid boil and simmer it briskly for at least five minutes. When in doubt, discard marinades after use.

Not all meats require a marinade. High-quality cuts such as sirloin, hanger steak, rack of lamb and veal chops are best when minimally seasoned.

### *Spice Rubs*

Often called “dry marinades,” spice rubs are still the best-kept secrets to great grilling and get their intense flavors from chilies and whole toasted spices. These seasoning mixtures are rubbed into the meat, which is then refrigerated in a dish or sealable plastic bag. The spice, sugar or salt in the dry rub then draws moisture from within the meat to the surface, which mixes with the rub to form a flavorful, sticky, wet coating. This coating will form an appealing crust on the meat’s surface when grilled and is particularly delicious on pork spareribs and bone-in chicken.

*Tip: Experiment with using Asian hot sauces and pastes in your marinades – they are becoming more widely available in the U.S. and add a wide range of intense flavors to meats*

*Tip: Be careful when handling hot chilies– wear rubber or plastic gloves to protect your hands from their juices and don’t touch your eyes!*

## Sauces and Salsas

Served with the cooked meal, sauces and salsas can be cooked or uncooked depending on the specific recipe. Experimenting with different sauces is a great deal of fun and can lead to a host of culinary discoveries, from a summer pesto or gorgonzola-scallion butter to this recipe for the Lobel family's barbecue sauce:

### Madison Ave. Barbecue Sauce

*Yield: About 1 ¾ cups*

#### Ingredients

*1 cup tomato sauce  
¾ cup honey  
¾ cup soy sauce  
6 tablespoons distilled white vinegar  
¼ cup light corn syrup  
3 tablespoons Worcestershire sauce  
2 tablespoons hoisin sauce  
½ teaspoon cayenne pepper  
Salt and freshly ground pepper to taste*

#### Directions

Combine all ingredients in a non-reactive saucepan, stir and cook over medium heat for about 30 minutes, or until the flavors blend. Let cool and use immediately, or cover and refrigerate for up to five days.

*Tip: While many people incorrectly think of barbecue sauce as a marinade, it is truly intended to be served with the cooked meat. However, if you like you can slather it on meat in the last minutes of cooking and call it a “moppin” sauce.*

## Meat, Meet Grill

*You've got the coals hot, the meat fully prepared for the grill, a bucket of iced drinks at the ready and a hungry crowd gathered around the grill. It's time to get cooking.*

Remember, grilling is not an exact science and the best way to learn all of the tricks of the trade is to practice. The more you grill, the better you will know your grill and your own style of cooking and the better your grilling methods will become. Nonetheless, here are a few tips to get started:

### All Preparations

Fat may drip on the coals and cause flareups, but don't panic! Keep a spray bottle of water on hand to extinguish them.

Basting virtually any meat with dark beer will add good flavor and cool the meat slightly, helping to ensure moderate cooking. The beer need not be cold at all; room temperature is just fine.

Eliminate the guesswork by using an instant-read meat thermometer to determine when meat is fully cooked. Always insert the thermometer into the thickest part of the meat and be careful not to let it touch the bone. Applying the meat's internal temperature to the chart on the next page will help you gauge exactly how done it is.

Internal Temperatures for Meat and Poultry	
<b>Chicken and Turkey</b>	170°F for white meat 180°F for dark meat
<b>Pork</b>	160°F; cook until thermometer registers 150-155°F and let the meat rest for five to 10 minutes. The internal temperature will rise to 160°F, but the meat will not be overcooked.
<b>Lamb</b>	140°F for rare 150°F for medium 160°F for well done
<b>Beef</b>	130°F for rare 140°F for medium-rare 150°F for medium 160°F for well done

### *Burgers*

While beef is the most popular meat for burgers, you may want to experiment with lamb, veal, pork, turkey and chicken. Ground meats other than beef and lamb are best when mixed together (ground chicken and veal, for example, make extremely good burgers when combined) and trying new combinations will reward you with great new tastes.

Make patties large and firm so they don't fall apart on the grill or slip through the grill rack. Evenly ground meat and the use of bread crumbs and other ingredients will help.

Make sure your fire is hot enough when laying burgers on the grill and that your grill rack is lightly sprayed with vegetable cooking oil so burgers won't stick to it.

Turn burgers only once to keep them from crumbling.

For safety, cook beef-based burgers until they are at least medium unless you are very confident in the source of your meat. Chicken, turkey and pork burgers should be cooked until medium-well.

### *Steaks and Chops*

Prime-graded steaks do not need to be marinated as they are flavorful and tender enough with no more seasoning than simple salt and pepper.

Turn steaks and chops with tongs; do not use a fork as it will pierce the meat and release precious juices that are best kept inside.

When cooking most steaks, sear them for two to three minutes per side before removing them from the grill and brushing them with olive oil. Return them to the grill until they reach the desired degree of doneness.

Steaks that are thinner than one inch should be grilled using the flip-flop method. Once they have been seared as described above, turn them every minute or so until they reach the desired degree of doneness to ensure that they are cooked evenly.

### *Forming the Great American Burger*

- *Start with chilled ground beef chilled from the refrigerator.*
- *Rinse your hands in cold water before handling the meat.*
- *Use a light touch to coax the meat into a patty of uniform thickness by rotating it against the palm of your hand.*
- *Don't over handle the meat or your burger will be dense and tough.*
- *As you turn the patty, gently press your thumb against the side to form a straight edge and keep the patty in shape.*
- *Once formed, chill the patties in the refrigerator about 30 minutes before putting them on the grill.*

Super-thick steaks (two and a half inches or thicker) should be grilled using the indirect method, searing them first on both sides over high heat, then moving them to the cooler part of the grill and covering it for slow, even cooking. Remove the grill cover for the last five minutes of cooking and move the steak nearer the heat source to char it and form a nice crust.

After steaks have been removed from the grill, always let them rest for five minutes before slicing them.

Use the recipe on the inside back cover to grill steak perfectly time and time again. The accompanying chart will help you determine the total cooking time needed for steaks. However, remember that different grills and coal intensities may affect cooking times.

### *Poultry*

It is important to be careful when grilling poultry which, when raw, may carry harmful bacteria that need to be killed in the cooking process. Exercise caution when working with raw birds, washing all surfaces with warm, soapy water, keeping other foods away from the birds and their juices and washing your hands and cooking tools before moving on to the next task.

Grilled poultry has a tendency to dry out and burn on the surface while remaining undercooked at the bone if not properly tended. To avoid this, use the flip-flop method, turning chicken pieces over frequently to promote even cooking. Even whole chickens should be turned several times during the course of grilling. However, this is not necessary with whole turkeys.

Skin-on chicken should be laid on the grill skin-side up and should spend more time with the skin up than down during grilling to prevent burning.

While it is not absolutely necessary, boneless, skinless chicken breasts remain moister and juicier if they are precooked before marinating and grilling. Bring an inch or so of water to a boil in a deep skillet and poach the chicken breasts for one minute. This will not completely cook the chicken but will give it a good head start. Then remove the breasts from the water, cool them for a few minutes and prepare them for grilling.

Poultry is done when the juices run clear when the thickest sections of meat are pierced with a fork or sharp knife. Once again, using an instant-read thermometer is the easiest and best way to feel secure the poultry is done.

### *Game and Game Birds*

Deer (venison), rabbit, duck, pheasant and quail are all game animals. While much of the game consumed in the U.S. has been hunted in the fall and winter seasons, any game animals available at the butcher or grocery store have been farm-raised. Legal regulations prevent any game shot by hunters from being marketed commercially, allowing hunted game to be used for personal consumption only.

Because game animals usually have better developed muscle mass and a more varied diet than most farmed animals, their meat is a bit drier and takes well to slightly oily marinades with assertive flavors that can cut through the “gamy” taste.

The best grilling temperature for game and game birds is moderately hot; be careful not to overcook them to prevent toughness. Small game birds such as quail should generally be split along the backbone and butterflied to allow them to cook evenly.



## *About Lobel's of New York*

*Lobel's of New York only sells the finest USDA prime beef, lamb and veal, and all products are shipped fresh anywhere in the U.S. via overnight delivery. For additional information, visit the website at [www.lobels.com](http://www.lobels.com) or stop by the store at 1096 Madison Avenue (at 82nd) in New York City.*



## Lobel's Guide to grilling the perfect steak.

1. Meat should always be at room temperature before it is cooked. Remove your steaks from the refrigerator at least half an hour before you are ready to cook.
2. Preheat gas or charcoal grill to maximum temperature.
3. Rub both sides of the steaks with coarse or kosher salt and pepper.
4. Place the steaks 3 to 5 inches from the flame to sear the outside and seal in the juices.
5. Turn the steaks after 2 to 3 minutes.
6. After the steaks have been seared on both sides, remove from heat, and brush both sides with extra virgin olive oil. This will help form the crust that adds the touch of perfection.
7. Return the steaks to heat and cook on both sides to a desired doneness.
8. Transfer to warmed dinner plates or a platter, and let rest five minutes before serving.

The estimated grilling times below are for a gas grill on high, or a charcoal fire when the coals have a thin coating of grey ash. Give filet mignon one minute less to cook than other steaks.

**DO NOT OVERCOOK**

### COOKING TIMES

Thickness	1 Inch	1-1/4 Inch	1-3/4 Inch
Rare	9 minutes	11 minutes	13 minutes
Medium	14 minutes	16 minutes	18 minutes
Med. Well	19 minutes	21 minutes	23 minutes



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