

# THE PERFECT GRILLED STEAK

## FUEL

**CHARCOAL:**  
ENOUGH CHARCOAL TO CREATE A DOUBLE LAYER 8"X8" - 10"X10"

START IN A CHIMNEY  
WHEN IT'S READY (NO MORE FLAMES AND GETTING ASH COVERED) MAKE A DOUBLE LAYER IN YOUR GRILL.

**GAS:**  
FOLLOW YOUR GRILL'S INSTRUCTION AND SET COOKING TEMPS TO THEIR RECOMMENDED "MEDIUM" "MEDIUM LOW" ETC.

## GRATE

PLACE A CLEAN AND LIGHTLY OILED GRATE 4"-6" ABOVE THE HEAT SOURCE.

## HOW HOT?

HAND COUNT FOR CHARCOAL:  
HOLD YOUR HAND A COUPLE OF INCHES OVER THE GRATE, COUNT THE SECONDS YOU CAN HOLD YOUR HAND THERE BEFORE PULLING AWAY:  
ONE-ONE THOUSAND, TWO-ONE THOUSAND ETC.  
2 SECOND HAND COUNT=HOT  
3 SECOND HAND COUNT=MEDIUM HOT  
4 SECOND HAND COUNT=MEDIUM  
5 SECOND HAND COUNT=MEDIUM LOW

## TIME & TEMP

HOW THICK	GRILL TEMP	MED. RARE	MEDIUM
.75"-1"	MEDIUM	140° 6MIN/SIDE	155° 7MIN/SIDE
1"-1.25"	MED LOW	6.5MIN/SIDE	8MIN/SIDE
1.25"-1.5"	MED LOW	7MIN/SIDE	9MIN/SIDE
1.5"-1.75"	MED LOW	7.5MIN/SIDE	10MIN/SIDE

## NOTES

ONLY TURN THE STEAK ONCE- NEVER USE A FORK, USE TONGS OR A SPATULA.

WHEN RED JUICES START TO FORM ON THE SECOND SIDE IT'S BEGINNING MEDIUM-RARE.

LET THE STEAK REST 3-5MIN BEFORE CUTTING.  
PLEASE USE THIS AS A GUIDE-TIMES WILL VARY DEPENDING ON THE TEMPERATURE OF THE STEAK, THE WEATHER ETC.