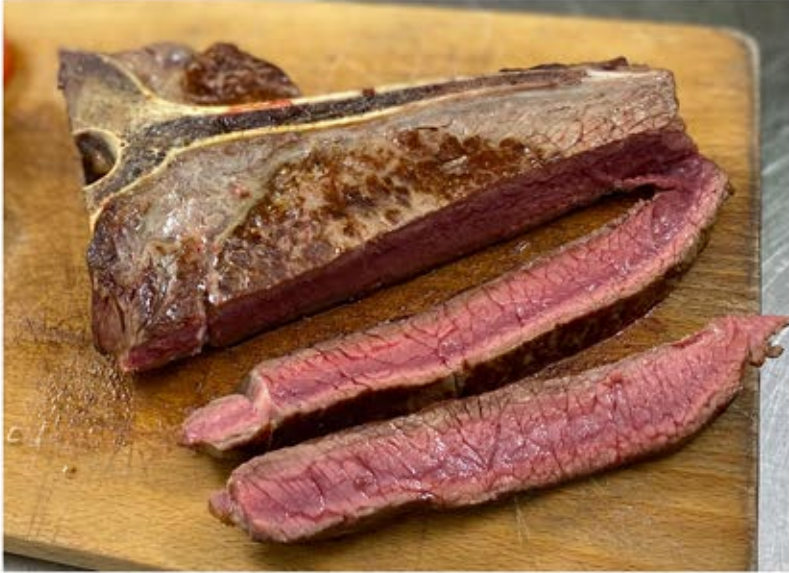




Rancher's Steak



Beef cut: Suitable for T-Bone Steak, Tenderloin Steak, Filet Mignon, Sirloin, Rib Steak

Preparation time: 5'

Cooking time: From 6' to 8'

General description:

Every meat lover agrees that steaks are the ultimate cut. Cooking them is not difficult but there are certain dos and don'ts that could help you achieving the perfect results that together with prime tasting meat will make you the king/queen of the grill. Enjoy!

Ingredients:

- A steak: T-Bone, Rib Steak, Sirloin, Tenderloin Steak, Filet Mignon
- Salt
- Pepper
- Butter

Directions:

- Salt and pepper steak to taste
- Throw steak on the grill (we love our Traeger grill but any grill will do – gas, charcoal, even a fry pan on a stove will work)
- Add a liberal amount of butter on top of each steak
- Cook to Medium Rare. You will achieve that by cooking the steak about 3-4 minutes on each side

Tips:

- Meat should release easy from grill- Juice will still be present on the steak surface
- Steak temperature is about 130 degrees
- If you cut into the meat to determine doneness, you may lose some of the flavorful juices
- Do not overcook the meat as it will lose its flavor and become tough
- Meat will continue to cook when removed from heat
- Let rest for about 5 minutes before serving