


Grill Like a Steakhouse Pro

TO CELEBRATE THE SUMMER rite of passage that is grilling season, I'm collaborating with Steak Syndicate, a local steak delivery and subscription company whose meats are typically reserved for top restaurants. We're bringing you tips to impress your friends with steakhouse quality meats grilled in your own back yard. Grilling high-quality steaks may sound ambitious, but I promise you anyone can do it. All you need is some salt and pepper and a grill. Today I've cooked two of my favorites using custom instructions for Steak Syndicate steaks.

Ribeye: This beauty is a 38 oz. Tomahawk. A ribeye is considered one of the best cuts of steak available. It comes from the top of the rib and is laced with fat marbling that creates rich flavor and a juicy texture.

Wagyu Skirt Steak: This is one of the most flavorful cuts of beef. It is a long, lean cut that is full of beefy flavor especially when it is wagyu quality. We gave it a quick marinade and grilled it on a hot grill for melt-in-your-mouth texture and flavor. 



"We are based in Barrington and our main founder lives in Inverness. We are extremely excited about continuing to serve the area. We have grown fast throughout all of Chicagoland, but we kind of treat the Barrington area as our own to a degree... I mean these are our neighbors!"

Bryan Adams
Steak Syndicate
Sales and Logistics



Pro Tip

Even pro's use a thermometer.

Rare: 120-130°F

Medium rare: 130-135°F

Medium: 140-145°F

Medium Well: 150-155°F

Well: Eat chicken

Culinary Notes

For those beautiful grill marks let the steak sear without moving. Half-way through sear time, lift the steak and rotate it 45 degrees on the same side. This will produce those beautiful cross hatch marks. Flip and repeat on opposite side.

Guidelines For Grilling Steakhouse Quality Steak

INSTRUCTIONS

Let your steak come to room temperature while it's soaking up your choice of seasonings. (If frozen, cut thawing time in half. Placing frozen items in aluminum and stainless steel will defrost food faster than other surfaces. These metals absorb ambient heat and transfer it to the food, speeding the thaw.)

- Kosher salt or sea salt such as sel gris is the only way to go when seasoning a steak. It's crystal size allows for prime absorption into the outer layer of the steak. Finish with a large flake salt once it has been sliced.
- Preheat your grill to high heat. Some say make sure your steak is dry before it hits the heat. This is a debated topic. We have found for true steakhouse quality—butter is key. Just before it is placed on the grill, bathe your steak in melted clarified butter or ghee. Place it directly onto the hottest spot on your grill. This will help achieve great results when searing and taste amazing.
- Grilling a steak is all about time and temperature. Set up your grill for indirect heat, meaning one part of your grill is hot and another part is less hot. Sear your steak to get a nice crust 2-3 minutes per side. Thin steaks that cook quickly, like the skirt steak, do not need to be seared and can be cooked on indirect high heat for just 2-3 minutes per side for medium rare. However, a thick ribeye will take longer to cook. After searing, slide your steak to the cooler side, close the lid and allow it to cook to your desired internal temp flipping it only once.
- Cook your steak to 5° below your desired temp then rest it on a platter, loosely tented in foil to retain some of the heat for 5-10 minutes. Your steak will continue to rise in temperature as it rests. This step allows the juices to redistribute and remain in your steak, not in a pool on your plate.

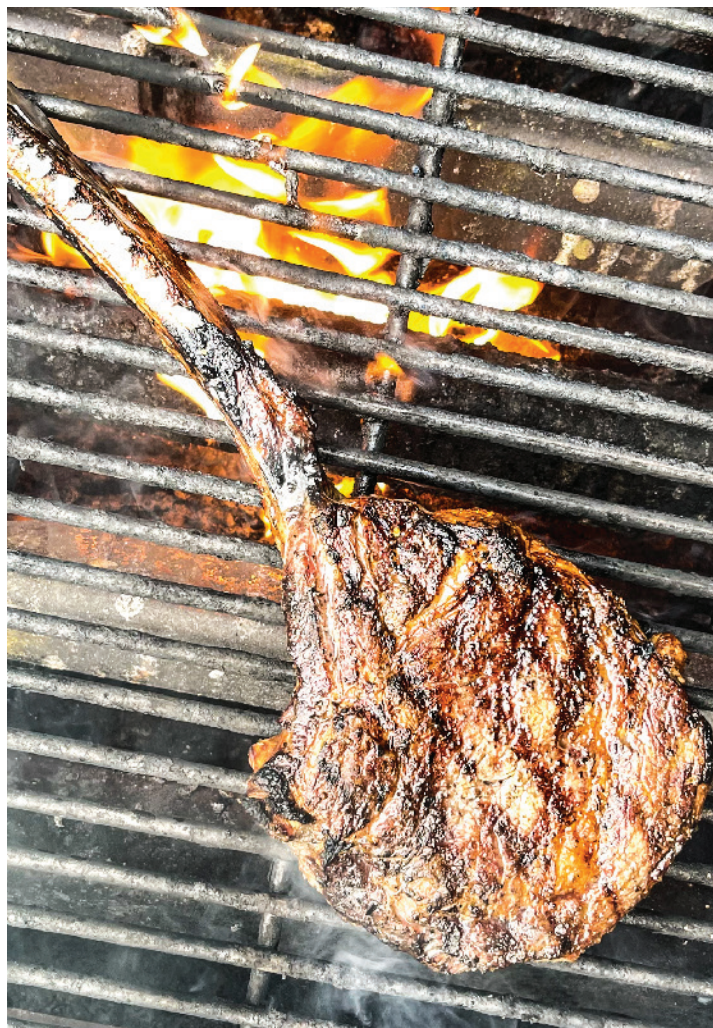


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