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Seven Tips for Grilling the Perfect Steak

It has been the defeat and demise of many men around the globe for years: the quest to grill the perfect steak. Now that summer is approaching, the gauntlet is once again thrown down to challenge male barbeque boasters to deliver the perfect steak.

Here are six steps for grilling the perfect steak:

1. Make sure your steak is at room temperature.
2. Preheat the grill. A hot grill is essential to ensure an even cook.
3. Season to perfection. Avoid adding salt as it toughens the meat. Lightly brush with olive oil and pepper, it is all you need.
4. Grill. Place each steak on the grill for one minute. Turn and grill on the second side for an additional minute. Turn and rotate 45 degrees and grill for half the remaining cooking time. Turn again. If you do this right you will get a nice diamond pattern of grill marks.
5. When handling steak, always use tongs piercing it with a fork to flip over. It will let essential juices escape.
6. Check steak for desired doneness. A rare steak will be soft; a medium steak will be firm but yielding, and a well done steak will be firm.
7. Remove steak when done, and let stand for five minutes to retain its juices.

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Here are approximate grilling times based on the size of the steak:

**Thickness** **Rare**  **Medium** **Well** **Heat**

 1" 8-10 12-14 1 6-20 High

1 1/2" 10-14 16-20 22-26 High

2 12-16 18-22 24-28 Medium

These are total cooking times; divide the times in half for each side.

For more information on perfect grilling techniques and barbeque care, please visit: [www.weber.com](http://www.weber.com)

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