

Basic Grilled Steak

Serves 4

Courtesy of L'Academie de Cuisine Chef Brian Patterson, for demo July 24th, 2015

3 tablespoons kosher salt

2 tablespoons freshly ground black pepper

1 tablespoon chili powder

4 large steaks (rib eye, NY strip, tenderloin, skirt steak, flank steak), at least 1 ½ inches thick

Vegetable oil, for seasoning the grill.

1. Preheat the oven to 325°F. Set a wire rack over a baking sheet.
2. Combine the salt, pepper, and chili powder in a small bowl. Season the steaks with the rub ten minutes before grilling.
3. Preheat the grill, and the grates of the grill. Clean the grates of the grill with a stiff wire brush. Wipe the grates down with a towel slightly moistened with oil.
4. Place the steaks on the searing hot grill. Leave them alone for 1 minute! Then with tongs, turn the meat 90 degrees. Leave alone for one minute. Douse any flare ups by flicking water.
5. After one more minute, turn the steaks over. Sear for one minute. If it's a gas grill, close the lid and turn down the flames or move the steaks to a cooler part of the grill. If it's a charcoal grill, close the dampers and close the lid. If it's a grill plate, transfer the steaks to the wire rack on the baking sheet and transfer to the oven to finish cooking for another 10-12 minutes.
6. Transfer the steaks to a clean plate or sheet tray. Let the meat rest for about 5 minutes before slicing.

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