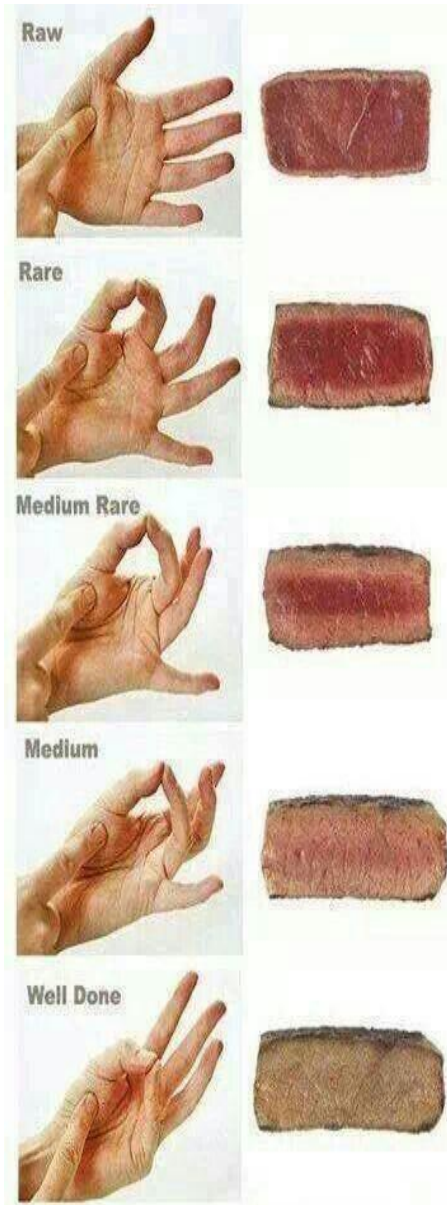


BBQ the Perfect Steak



1. Buy high quality beef from Wells Beef and all you'll need are a little salt, pepper, & garlic.
2. Let your steak set at room temperature for at least 45 minutes to an hour before cooking. Many people cook their steaks straight from the refrigerator which leads to uneven cooking. If you let the steak get to room temperature first it will help obtain even cooking and great grill marks!
3. Don't over season your steak!
4. Using a gas grill, crank it on high. When the grill is preheated (on a gas grill let it heat for at least 10-15 minutes). Use tongs to move your meat around, **not a big fork**. Puncturing your steak will only let the juices run out and cause them to be dry and tough.
5. Place the steak on the grill and **do not move**. You should flip a steak one time only. And while we're on this topic, another thing you shouldn't *ever* do is take a spatula and smash the steak into the grill. Don't move them for 2-3 minutes. If you want diagonal hatch marks, you can rotate your steak 45 degrees after a couple of minutes and then finish searing. Use the tongs again to flip steaks and sear the other side
6. Letting your steak rest for 5 minutes before serving to re-distribute the juices. The safest way to check for done-ness is with a thermometer, but here's another way to check your meat!