

# UMAI DRY: DRY AGING & GRILLING GUIDE

A Quick Start Guide to the  
Basics of Dry Aging Steak and  
Grilling it to Perfection



UMAIDRY.COM



# CONTENTS

## PART 1

### CHOOSE YOUR BEEF

As they say: garbage in, garbage out. No great steak experience is possible with low-grade beef.

## PART 2

### AGING: WET OR DRY

All beef is aged. What matters is whether the enzymes in the meat get oxygen or not.

## PART 3

### CHARCOAL OR GAS?

How you create the fire is a science unto itself. So here's one way around the great debate.

## PART 4

### PREPPING MEAT FOR THE HEAT

Steak should be the most effortless cut to grill--yet there are infinite techniques.

## PART 5

### PLAYING WITH FIRE

Know your grill and keep a thermometer close at hand.

UMAI DRY

# CHOOSE YOUR BEEF

When it comes to grilling the perfect steak, choosing the right cut of beef is essential. It's recommended to go for Choice or better-grade steak cuts such as boneless ribeye, striploin, or sirloin for dry aging. You can seek assistance from the butcher to identify a "high Choice" or well-marbled subprimal from the box. For optimal flavor, texture, and aroma that will please everyone, dry aging for 35 to 45 days is usually the best option.

**GREAT STEAK STARTS WITH GOOD BEEF --  
DRY AGED, WHENEVER POSSIBLE**

UMAI DRY





# AGING: WET OR DRY

A great steak is a perfect way to celebrate a special occasion or simply a delicious dinner on a quiet evening at home - especially during grilling season. Dry aging with UMAi Dry will help you easily enjoy tender, delicious aged ribeye, all aged in your regular kitchen fridge!

All beef must be aged after slaughter. This is because the enzymes in the meat must work on the muscle fibers to develop sufficient tenderness for the heart to be palatable.

In the old days, butchers achieved this effect by hanging beef for weeks in a cellar or cooler or simply in transit by box car. Since the 1960s, the advent of plastic made it possible for industrial meat processors to store beef under a vacuum, or "wet-age."

Enzymes continue to work on the muscle fibers without oxygen, but the flavor remains somewhat metallic compared to the nutty, rich beefiness of air-aged beef.

Steak lovers and steakhouse owners agree that dry aging is the industry standard in achieving superior texture and taste. It allows the natural enzymes inside the meat to tenderize and intensify the flavor like a fine wine.

In 2009, UMAi Dry hit the market with a breathable membrane for dry aging beef and dry curing meat in your home refrigerator. UMAi Dry makes it possible for anyone with an adventurous spirit and a typical kitchen fridge to create the Original Slow Food®.



UMA I DRY

# CHARCOAL OR GAS?

When it comes to the Great Debate: “Gas or Charcoal?” there is no correct answer. Passions run “hot” in both camps. However, when grilling a perfect steak, it is best to remember one thing: It is far easier to overcook than undercook.

Whether you choose charcoal for the smoke or gas for the ease and consistency, you want to achieve both sear and careful finish. No matter which source of fire, you need that two-zone cooking area to develop a Mallard Reaction for a mouth-watering sear and a gentler heat to get just the right amount of doneness.



# PREPPING MEAT FOR THE HEAT

There is no reason to spend a fortune at a restaurant when you can grill a steak at home like the pros by following a few essential tips. Cooking a great steak is one of the simplest things in the world. So we follow these four tips for grilling steak from Meathead of [amazingribs.com](http://amazingribs.com).



01

## STEP 1: TRIM AND TIE

If you've dry-aged, you may not need either of these tips. Excess surface fat is trimmed as it adds nothing to internal flavor. Tying to hold shape is most likely unnecessary with a thick, beefy dry-aged steak.



02

## STEP 2: PRE-SALT IT

Salt early and rest --30 minutes, 2 hours, 24 hours-- whatever you've got. But skip the marinade.



03

## STEP 3: REVERSE SEAR IT

Meathead swears by this method for perfectly cooked meat inside, edge-to-edge. For all the science and logic, dig deeper into the reverse sear method on our website.



04

## STEP 4: FLAVOR IT

An essential tip for grilling perfect steaks is seasoning. Salt? Butter? Special sauce? Nothing but the beef drippings on the board?

UMAI DRY



# PLAYING WITH FIRE

How do you know when your carefully chosen and prepared steak is cooked just right? Grill temperature? Grilling time? Firmness? Color? Just a feeling in your bones?

Grilling experts dismiss all these guessing games as possibly downright dangerous. A good digital thermometer is an essential piece of equipment for any serious grill master. No serious grill master should be relying upon old-fashioned gut-feeling guesswork to determine the safe cooking temperature of the meat (especially if dry aging).

Suppose you don't own a quick-read digital thermometer. UMAi Dry® offers not one but two convenient, economical digital thermometers to choose from that are NSF Certified, and industry tested. They'll both keep giving you reliable reads for years. Don't play with the safety of the meat you serve your family. Start using up a thermometer today!

And keep in mind: dry-aged beef cooks more quickly. Always cook it a little under, then let it rest and the temperature will keep rising as it rests. Don't ruin that 45-day ribeye you've carefully aged by serving it well done!



**UMAI DRY**





||

**"The only time  
to eat diet food  
is while you're  
waiting for the  
steak to cook."**

||

Julia Child

**UMAI DRY**