

Cook the Perfect Juicy and Tender Steak



There are three secrets to making a great steak. (1) The first is the beginning temperature of the meat. Start with a cold steak, which keeps the centre from cooking too quickly. (2) The second is to salt the steak with a coarse salt-based steak spice, such as *Burnt Canoe*. An unsalted steak has little flavour. (3) And the third is allowing the meat to rest before digging in... the wait will be worth every tasty morsel!



Porterhouse and T-Bone Steak

The best of both worlds. The strip loin on one side and the fillet on the other. So what's the difference between a porterhouse and a t-bone? The porterhouse has a larger fillet, as shown above.



Strip Loin Steak - shown above.

Other great grilling steaks are the rib and ribeye, tenderloin and sirloin.

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STEP 1: Choose a cut about 1" to 1 1/4" in thickness. Go thicker if you wish but adjust cooking time accordingly. Trim any excess fat but leave some for flavour.



STEP 2: Heat a cast iron skillet on medium-high heat. The skillet should be good and hot to ensure a good sear. While the skillet is heating, Drizzle olive oil on both sides of the cold steaks and rub all over with your hands.



STEP 3: Shake over about 1/2 - 1 tsp of **Burnt Canoe** on both sides of each steak; rub the spice into the meat.

Serves 2-3 people

2 cold* steaks, cut at least 1-inch thick

olive oil, for drizzling

about 2 tsp 'Burnt Canoe Steak Spice Blend & Rub' per steak, or to your taste



STEP 4: Place steaks in the ungreased hot skillet and cook about 3 to 3 1/2 minutes per side for rare (120°F) to medium-rare (130°F), or longer until desired doneness.

Remove the steaks to a plate. Cover them loosely with a sheet of waxed paper and then with a tea towel. *Do not tent with aluminium foil or the steaks will continue to cook.*

Let rest 10 minutes - an important step to let the juices settle and reabsorb into the meat.

Temperature Chart

Rare: 120-130°F

Medium-rare: 135-140°F

Medium: 140°F

Medium-well: 145°F

Well-Done: 160°F

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