



ASHEVILLE'S PREMIER BUTCHER SHOP
BEST MEATS, DELI SANDWICHES, WINE & MORE

5 TIPS FOR YOUR BEST STEAK EVER!

TO LEARN MORE VISIT NYBUTCHERWNC.COM

1. BUY THE BEST QUALITY MEAT.

Only 3% of Angus beef qualifies as Certified Angus Beef® (CAB). To earn the logo, the beef must meet [10 exacting standards](#) above and beyond USDA grading, making it more selective than USDA Choice and Prime.

The Best of the Best is CAB Prime. Less than 1.5% of beef achieves this high standard. The flavor is derived from the intense marbling, which melts throughout the meat as it cooks. These steaks are so flavorful you only need to season minimally with salt and pepper to bring out the best flavor.

New York Butcher Shoppe is the only retailer in Asheville guaranteed to carry Certified Angus Beef®



2. USE THE BEST QUALITY CHARCOAL.

We believe no other cooking method tastes quite as delicious as charcoal grilling. Select high-quality hardwood lump charcoal which lights fast, burns slower and more evenly. We carry only FOGO Premium Lump Charcoal, which is specially blended to optimize grilling consistency.

When loading the charcoal, pile it on one side of the grill to facilitate an indirect cooking method.



3. PAY ATTENTION TO TEMPERATURE.

Pull the meat out of the refrigerator early – it should be nearly room temperature before it hits the grill. This reduces cooking time which will yield a more evenly cooked steak.

The grill air temperature should be stable at 350°F - 400°F. You will increase the temperature at the end when you sear the meat.

Cooking times will vary with method of preparation, size and shape of the cut of meat. **We recommend striving for an internal meat temperature of 135°F for medium rare** which ensures a warm red center. The temperature will continue to rise as you rest the steak (see step 5).



4. OPTIMIZE YOUR COOKING METHOD.

There are many ways to cook a steak, but using an indirect cooking method followed by direct heat sear produces a delicious and perfectly cooked steak every time.

Place the meat on the indirect heat side of the hot grill. Cover the grill and cook for 6 minutes.* Ensure you have sufficient airflow to maintain the temperature. Flip the steak and cook for 5 minutes (again, covered on indirect heat).

Lift the lid to oxygenate the grill. After approximately 2-3 minutes, when the coals are very hot, move the steak directly above the coals. Cook uncovered for 1 minute, then covered for another minute. Repeat the direct heat cooking method on the other side of the steak, and immediately place it in a covered dish.

** For our standard 1 1/4 inch thick steaks. Cooking time will vary based on thickness.*

5. REST YOUR MEAT.

Select a dish that will be large enough to allow the meat to lie flat. **Cover and rest for 5 minutes prior to serving.** This allows the meat to finish cooking and juice out, and as it cools it will reabsorb the moisture guaranteeing a juicy steak!

