

The Perfect Steak

Recipe Breakdown

- **Skill level:** Beginner
- **Core ingredient:** Beef
- **Egg mode:** Direct
- **Serving quantity:** 1-4
- **Prep time:** 15 minutes

Egg Setup

Direct Setup

- We will be cooking at an extremely high heat to get those professional looking charred grill marks using the Cast Iron Searing Grid.

If your cast iron searing grid is dirty, you can use a stout wire brush to clean it. DO not attempt to clean it at high temperatures.

Once you have given it a good scrub, you can use a paper towel dipped in vegetable oil and using the tongs, quickly run it back and forth over the grid to remove any loose bits of carbon.

Target Temperature is 600f / 320c

Ingredients

- Salt & Pepper
- 2 Steaks - Serves 2

Tips & Techniques

We know it's tempting to cook steaks with the lid open, but DON'T! Cooking with the lid shut limits the amount of oxygen fuelling the fire - so you won't get any flame flare ups when the fat drips on to the coals.

Get a good quality steak from your local butcher - at least half an inch thick with some marbling.

Be sure to wear a glove when burping the EGG at high temperatures.

Prep

1. Pat your steak dry with a kitchen towel.
2. Do not remove any excess fat from the steak. Fat carries flavour into the meat whilst cooking. You can always remove it afterwards.

Directions

1. **The EGG** should already be set up for direct cooking with the Cast Iron Searing Grid.
2. **Target temperature** is 600F / 320C
3. **Season** the steaks with a generous amount of salt and pepper on both sides.
4. Taking GREAT care to burp the EGG when opening and place the steaks onto the searing grid using the tongs. Lay them down and leave them to develop clearly defined searing marks. Shut the EGG lid.
5. How quickly you turn your steak depends on the thickness of the steak and how well you like it cooked. An inch thick steak cooked medium- will need turning after about 3 minutes.
6. Burp the EGG and turn the steaks, this time preferably moving them to a different area of the grid. This ensures that you are placing the uncooked side of the steak onto a freshly hot area of the grid.
7. After a further 2 minutes, open the EGG a final time and perform a touch test. Touch the area on your hand where the base of your thumb joins to the fleshy part of your palm, in 3 positions, to compare to the touch of the steak. Your palm relaxed and open signifies the loose resistance touching a rare steak. Gently close your palm and the base of your thumb joining your palm will be firmer. Tightly close your fist and this area will become tighter still representing a well cooked steak.
8. Remove from the EGG and let rest. We think the results are delicious as they are but you could always add a dab of garlic butter.