

Eight Easy Ways to Make Your Steak Taste Delicious

The New York strip steak is a costly beef cut because of its outstanding tenderness and flavor. It is considered by many experts as the standard for a high quality cut. It is considered by beef lovers as the best for its marbling quality, taste and texture. Other cuts of meat which are also sought after by beef connoisseurs include the top sirloin, T-bone, porterhouse, filet mignon and rib eye. Some cuts are best served medium rare with a just a fair amount of seasoning and flavor and herb butter on the side.

You can choose between two delivery options as far as meats are concerned. These are delivered as fresh cuts right after the butchering process to ensure that the good quality and freshness of the meat are retained. You can also choose to have the it pre-grilled straight from the source. This option is ideal for those who maintain a very hectic schedule and dont have the time to prepare and cook their own meat.

Here are some useful tips in order to get a perfectly grilled meal.

TIP #1 " Grill straight from the fridge

The best way to grill is by taking it right out from your refrigerator and to the cook. This is the right way of grilling. Many think that grilling it after it has reached room temperature is the right way. Experts concur, cold is better.

TIP #2 " Grilling Temperature

The perfect grilled cut of meat is determined by the right grilling temperature. It is imperative to maintain the appropriate temperature in grilling to ensure that the meat is grilled evenly. Beef connoisseurs would normally recommend medium rare. High grilling temperature would normally give you an charred and overcooked piece with the interior not reaching the desired level of doneness.

TIP #3 " Flare-ups ruin the grilling process.

It is important that you remove excess fat by trimming the beef cuts before grilling to prevent flare-ups.

TIP #4 " Follow the proper turning technique

It is highly suggested that you use a long handled tongs in doing the proper turning technique for your beef. You can use spatulas for burgers or other meats. Avoid using forks in turning the meat as it will pierce the beef which would lead to the loss of the essential beef juices.

TIP #5 " Carefully watch the temperature

You have to watch the doneness of the beef steak by taking the temperature. This is done by inserting a digital thermometer at the middle of the steak.

TIP #6 " Strictly adhere to the required internal temperatures

The temperature of the meat should be at least 145 F for medium rare doneness. The middle of the beef will turn pure pink and the outside part becomes slightly brown. Burgers must be cooked until at least 160 F for a medium doneness. Continue grilling until the center of the burger is no longer pink and the juices no longer exhibit any pink color on them.

TIP #7 " Monitor the visual quality of the meat

You can check the level of doneness of the steak visually by making cuts at the center using a sharp knife to check the color of the inside of the meat.

TIP #8 " Use appropriate pieces of beef and do the right marinating

The tender beef cuts must be marinated for at least 15 minutes to a maximum of 2 hours to ensure that the flavor is properly absorbed. A lesser quality cut may be marinated for up to six hours. Take note to add a tenderizing enzyme to the marinade to achieve the maximum tenderness.

About the Author

Chuck R. Stewart recently bought some [filet mignon](#) steaks online for a large company cook out. He recently enjoyed a delicious [new york strip steak](#) at a famous restaurant in Chicago.

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