

JUMP TO RECIPE

How To Grill the Best Steak

PREP TIME	COOK TIME	SEASONING TIME	TOTAL TIME	SERVINGS
5 mins	10 mins	60 mins	75 mins	2 servings

NOTE

This sauce goes well with any steak; you can also skip it or use a different sauce.

I prefer to cook thicker steaks and share them rather than smaller, thinner individual steaks. If you are a grilling novice, thicker steaks are also a little more forgiving.

In this recipe, I'm aiming for medium to medium rare. Ribeyes have lots of marbling, and I want that to break down; cooking it to rare wouldn't accomplish that goal on a grill.

Ingredients

For the steak

- 1 1/2-inch thick ribeye, bone in or out (about 1 1/2 pounds without the bone)
- 3/4 teaspoon coarse sea salt or kosher salt
- 1 teaspoon freshly ground pepper

For the herb butter sauce

- 4 tablespoons butter
- Leaves from 4 sprigs of thyme
- 1 tablespoon minced fresh rosemary
- 1 clove garlic, minced
- 1 shallot, about half the size of a golf ball, minced

Method

1. Trim the fat:

Remove the outer layer of fat from the ribeye. The interior marbling will flavor the meat, whereas the outer fat layer will produce flare ups on the grill, which can add a burnt (not charred) flavor to the steak.

2. Season the steak and refrigerate:

Pat the steak dry with a paper towel. This removes surface moisture and will help you achieve a good sear.

Season each side with salt and pepper and rub them in a bit. Put the steak in the fridge, *uncovered*, for at least an hour and up to 48 hours.

3. Make the herbed butter:

In a small saucepan, add butter, herbs, garlic, and shallots. Melt over low heat. Do this at least 10 minutes before you are ready to put the steak on the grill. The longer the herbs sit in the butter, the longer the flavors will infuse.

You can also make this butter up to 2 hours beforehand; if so, cover and refrigerate. Gently reheat the butter to melt it again before you put the steaks on the grill.

4. Preheat the grill:

Prepare a charcoal grill for two-zone grilling, so half is hot and one half is warm. The grill is hot when you can only hold your hand over the hot zone for a second or two.

On a gas grill, heat the grill to 450°F with two burners going, which should only take about 10 minutes, then turn one of the burners down to medium to create two cooking zones.

5. Cook and baste the steak:

Add the steak to the hottest side of the grill. Close the lid and sear for 2 minutes. Open the lid, flip the steak, and baste it with the melted herb butter and herbs. Close the lid. Cook for 2 additional minutes.

Flip the steak again and move it to a lower heat side. Baste it again with butter. Continue flipping and basting every two minutes for the next 6 minutes, closing the lid between each flip.

After the steak has been on the grill for a total of 10 minutes (for medium-rare steak), transfer it to a clean platter; it should read 137°F to 140°F internally. Baste it again with butter. (Continue cooking for longer if you prefer your steak more well-done.)

6. Let the steak rest:

Let it rest for 5 minutes; it will climb another few degrees as it sits and the juices will redistribute.

7. Slice and serve the steak:

Slice the steak against the grain. Pour any remaining herb butter sauce over top and serve.

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GRILLED STEAKS

RIBEYES

Nutrition Facts (per serving)

856	59g	15g	69g
CALORIES	FAT	CARBS	PROTEIN

BAKED SWEET POTATOES

Ingredients

4 sweet potatoes
4 Tbsp. unsalted butter
extra-virgin olive oil
kosher salt
freshly ground black pepper

Instructions

1. Preheat oven to 425°. Line a baking sheet with foil. Prick potatoes all over with a fork. Rub outsides lightly with olive oil if eating the skins.
2. Bake until tender, 45–50 minutes.
3. Let cool slightly, split tops open, add butter, and season with salt and pepper.

Pear and Blue Cheese Salad

Serves 4 side salads or 2 large salads

For the Salad Dressing

3 tablespoons olive oil
1 ½ tablespoons apple cider vinegar
½ teaspoon honey
½ teaspoon Dijon mustard
½ teaspoon oregano
Salt and pepper to taste
Squeeze of lemon juice

For the Salad

2 cups chopped romaine lettuce
3 cups arugula
2 tablespoons toasted chopped walnuts
2 tablespoons dried cherries
3 tablespoons diced blue cheese or Gorgonzola
1 ripe diced pear

Instructions

1. Whisk all salad dressing ingredients together. Taste and adjust seasonings as desired.
2. Combine lettuce, arugula, and salad dressing. Toss together and distribute into serving bowls.
3. Layer on the remaining ingredients in this order: walnuts, cherries, blue cheese, and lastly the pear.
4. Serve immediately — enjoy!