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6 Steps to Grill the Perfect Steak

By Laura Bankston

6 Steps to Grill the Perfect Steak

by: **Laura Bankston**

There's nothing better than a nicely grilled juicy steak.

But how come I can't duplicate that restaurant, expensive, juicy, melt-in-your mouth, perfectly grilled steak?

Well, I found out how to grill steak perfectly – and here's how you can too.

1. The choice of meat is important!!! Just because the supermarket has labeled the steak "good for grilling" doesn't mean that it is. Lean meat does not do well. You want a piece that has marbling throughout. And these are good cuts: fillet (mignon), top loin (rib eye) – basically the same cuts that are the ones you love in the restaurant.

2. Next, proper heating of the grill is vital. If you are using charcoal, spread 2/3 of the bricks on one side and 1/3 of the bricks on the other. That way you have a hotter side for searing the meat and a cooler side for cooking the meat.

If you are using a gas grill, you will lose some of the flavor, but you will want to turn the heat down for the cooking portion.

3. Next, rub both sides of the meat with oil and cover with salt and pepper. Be generous with the salt and pepper because it will fall off during the grilling.

4. Place your meat on the hot side for searing. Cook on each side for three minutes to get the nice grilled meat crust color you love. For a hand test, I've been told that you should be able to hold your hand over the heat for 3 seconds before you can't take it!

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5. Place your meat on the cooler side for cooking to your taste. The hand test for the cooler side, I've been told, is 6–7 seconds. You will want to use a timer to cook the meat – or use the slice and peak test to see if the meat is done enough for you. Just don't cut and peek too often or you'll lose all the juice!

6. When the steak is done, take it off the grill and let it set for at least 5 minutes. Some people call it "resting". It allows the juices to spread back out so that you'll have a juicy steak with a nice crust.

Follow these steps and you'll be enjoying perfectly grilled, juicy, melt-in-your-mouth steak that will impress and satisfy the most discriminating steak eater!

Laura Bankston is author of Internationally selling *Cooking with Kids Curriculum: "Homeschool*

Cooking in a Box" and the *"Homeschool Cookbook"*. She currently home schools her three children, maintains home school support websites, and manages their family-owned service business. For information on her curriculum and free home school support services, please visit

Chicken Fried Steak

By George Royal

For those who happen to enjoy an unusual cross of flavors and styles, chicken fried steak is something to be experienced. A cross between the classic taste of steak and the simple joys of fried chicken, this increasingly popular method of cooking steak is a wonderfully memorable mix of different flavors. Casual, yet dignified, it is a meal that distinguishes itself with its flexibility and accessible nature. Which makes chicken fried steak the type of meal that can fit a variety of occasions.

Cooking chicken fried steak is not too difficult to make. All it requires is a steak, breadcrumbs, oil and a skillet or deep fryer. Simply cover the steak in breadcrumbs, heat the oil in the skillet or deep fryer, and cook the steak until it is done. If it is being made in a skillet, it needs to be flipped every couple of minutes but, otherwise, there is little that needs to be done until the steak is done cooking.

It is very rare for chicken fried steak to be made from a top quality cut of beef. After all, the steak is not being expected to stand entirely on its own, so it is not vital that it be perfect. Additionally, the frying of the steak has a tenderizing effect on the meat, which also permits a slightly lower quality cut of meat to be used. Obviously, there is a limit, but chicken fried steak is more forgiving than steak on the grill.

The part that really makes the difference in chicken fried steak is the mix of spices that are added to the breadcrumbs. These spices are the savor that truly makes the difference in the taste of the steak and makes it distinctive on the palate. By blending just the right combination of flavors, chicken fried steak can come into its own and really shine. But to get the best blend of spices, the best thing anybody can do is experiment. After all, there is only one person who will always be there to judge the results, and that is the person who cooks it. So any cook who wants to master chicken fried steak would be well-served to try a few new things, take a few notes, and figure out just how to make it just right.

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No matter how you make chicken fried steak, it is almost always a welcome addition to the menu. Whether for dinner after work, a Sunday brunch, a picnic, or a get-together with friends, chicken fried steak can be a fun addition to the menu. Unusual, yet familiar, it is a meal that is easy to enjoy and always welcome.

Though it has only recently joined the mainstream, chicken fried steak is an increasingly popular meal both at home and when going out to eat. A distinctive blend of different flavors, it is a meal that is starting to receive its proper due as a dish that is well worth the effort. So give chicken fried steak a try and see why it is becoming the new recipe of choice for people who love steak.

Everything about steaks

from cooking steaks, ordering them by mail, preparing

steaks and much more including favorite recipes.

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