

RECIPE

Grilling the Perfect Steak: Mike's Reverse Sear Method of Steak Nirvana

Mike Pope's reverse sear will change the way you've always cooked a thick steak. Top chef's say "The reverse sear is one of the easiest, most consistent, most foolproof, and arguably best methods of cooking a steak."



INGREDIENTS

Steaks 1 1/2 inch or thicker
Olive oil or ghee to coat the pan
Kosher salt and ground pepper to taste

SEASONING OPTION 1:

2 cloves of garlic per steak, minced
3 sprigs of rosemary and or thyme

SEASONING OPTION 2

(my favorite)
1/2 teaspoon chipotle powder
1/2 teaspoon crushed red pepper
1 teaspoon brown sugar per steak
1 teaspoon ground coffee per steak

SEASONING OPTION 3:

(easy and delicious)
McCormick Grill Mates Montreal Steak Seasoning



PREPARATION

- Season steak as you like, and let it come to room temperature.
- Preheat your charcoal or gas grill to 275-300 degrees F.
- Cook for 30-40 minutes @ 275-300° F bring the internal temp of the steak within 15-20 degrees of preferred doneness use temp prob for accuracy.
- Remove steak from heat and wrap in foil and set aside to rest for about 10 minutes.
- Increase the temperature of the grill to high while resting.
- If you want to use a cast iron skillet to sear the steak, use olive oil or ghee to coat the pan and place in the grill. (Add optional spices now - herbs sit on top whole).
- After the grill has preheated place the steak directly on the hot grate or in the skillet for 30 to 60 Seconds per side or until the desired amount of sear is attained.
- Sever immediately, no need to rest a second time.

INTERNAL TEMPERATURE GUIDE:

Rare: 125° F (52° C)

Medium Rare: 130° F (54° C)

Medium: 140° F (60° C)

Well Done: 160° F (71° C)

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