



Steak on the Grill with Horseradish Cream

STEAK:

- New York Strip steak
- fresh ground pepper
- kosher salt
- olive oil

Bring the steak to room temperature. Rub both sides with olive and season well with salt and pepper. Follow our seven tips below for perfect grilling.

STEAK GRILLING TIPS:

1. **START WITH A CLEAN GRILL!** Yesterday's fish has no business on today's steak. Invest in a great grill brush to make cleaning easier to accomplish every time you grill.
2. **ALLOW STEAKS** to reach room temperature prior to grilling — about 30 minutes from removing from the refrigerator. This allows for more even cooking. As well, having a similar starting temperature each time you grill helps t perfect your timing and grilling skills.
3. **CHOOSE STEAKS** with a thickness of 1-1/4 to 1-1/2-inch thick. Thinner and they will grill too quickly, thicker, and the outsides will char before the insides reach the desired degree of doneness.
4. **PAT STEAKS DRY** prior to placing on the grill. Season the steaks assertively with salt and pepper, or rubs that contain affair amount of salt. Use a thin film of oil on the surface to help the rub to adhere, if necessary.
5. **USE** a pre-heated hot grill, and grill steaks directly over the heat. The outside of the steak cut becomes seared and develops a tasty crust while the inner portions remaining rare-to-medium; grill about 3-4 minutes per side.
6. **PLACE** a thermometer in the thickest portion of the steak to ensure the meat is neither underdone nor overdone.
7. **WHEN GRILLED** to the desired degree of doneness, remove the steaks from the grill and allow them to rest for 5 minutes. Keep in mind that the interior temperature of grilled foods continues to increase after being removed from the grill by as much as 10°F.

HORSERADISH CREAM:

Whisk together:

- 1/2 cup sour cream
- 4 tsp lemon juice
- 3-5 oz prepared horseradish
- pinch of salt