

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
FR 9:30am-6pm  
SA 9:30am-5pm



### 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 to 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 a fair 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