

# FIRE UP THE GRILL

With these tips to grill the perfect steak, your biggest challenge is picking which juicy Holten steak to try next!

## HOW TO GRILL THE PERFECT STEAK:

1. **Choose the right piece of meat.** Supermarket steaks can be sitting on the shelf for who knows how long. Buying fresh-frozen Holten steaks guarantees that you get all the flavor and freshness of your chosen cut.



2. **Bring your steak to room temperature.** This ensures that the steak cooks evenly, so the outside doesn't burn while you wait for the inside to cook. Thaw Holten steaks overnight in the refrigerator, then let them sit on the counter for about 30 minutes before grilling.
3. **Season (but don't overdo it).** A light shake of peppery seasoning will enhance the flavor while still allowing the beef flavor to shine. Alison's Pantry offers a great selection of bulk spices. Try Montreal Steak (#1023) or Garlic Pepper (#5410).
4. **Get your grill nice and hot.** One key to a restaurant quality steak is the heat of the grill. If you hold your hand about 2 inches above the grates of your grill, and have to move it 2 seconds later, your grill is at the right temperature.
5. **Grill to your personal perfection.** Place your room-temperature steak on the grill. Professionals test doneness by firmness. If you place a spatula on top of a raw steak on a plate and wiggle it, you notice that it moves a lot and you can get the feel for "raw." The range of firmness and movement helps you to know the doneness. Quite firm, and almost no jiggle, means the steak is well done. With practice, this technique will keep you from piercing the meat to test it, and releasing all of the flavorful juices. If you have a 3/4-1" steak, typically 4 minutes per side is all it takes.
6. **Let it rest.** When the steak has reached your desired doneness, remove it from the grill. Before you dive in, let the meat rest for about 5-10 minutes so the juices can settle and evenly distribute throughout the steak for optimum flavor.

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