

# Preparing THE PERFECT STEAK

## START WITH THE PROPER CUT OF BEEF

*A well-marbled steak that's at least 1-inch thick ensures a crusty exterior and a temperature controlled interior.*

## GETTING YOUR STEAK READY

*For the best results, let your steak come to room temperature before cooking. Take it out of the fridge about an hour in advance. Once it reaches room temperature, pat it dry and season generously with RPM Steak Salt or your favorite seasoning.*

## COOKING METHODS

**Grill:** *Pre-heat the coals rather than pre-heating the grill. Use a chimney starter whenever possible. Suspend steak over hot charcoal, not sizzling hot grill grates. Cook your steak for about 4-5 minutes on each side until the internal temperature is 125°F for medium-rare. Let rest for 5-10 minutes. Sprinkle with RPM Steak Salt or your favorite seasoning, slice and serve.*

**Cast Iron Pan:** *Heat a cast iron skillet over medium heat for two minutes. Add a small amount of neutral oil, then place your steak in the pan. Cook for about 3 minutes on each side, or until the internal temperature reaches 125°F for medium-rare. While cooking, rotate the steak clockwise to ensure even caramelization. Remove from heat and let the steak rest for 5-10 minutes. Finish with a sprinkle of RPM Steak Salt or your favorite seasoning, slice, and serve.*

**Oven:** *Preheat the oven to 200°F. Place the steak on a wire rack set inside a baking sheet to allow for even air circulation. Cook for about an hour, or until the internal temperature reaches 105°F for medium-rare. Remove the steak from the oven and let it rest while preheating the broiler. Finish under the broiler for 2 minutes to develop a golden crust. The steak should reach 125°F at this point. Allow it to rest for 5-10 minutes, then sprinkle with RPM Steak Salt or favorite seasoning, slice, and serve.*

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