

## **Beef, Grilled**

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# **Butter-Basted Strip Steak**

Adam Perry Lang - "Charred & Scruffed"

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**Servings: 4**

**4 8- to 10-ounce boneless strip steaks, 1 1/4-inches thick**

**1/2 cup unsalted butter**

**5 cloves garlic, peeled and crushed**

**1 tablespoon garlic salt**

**1 1/2 teaspoons freshly ground black pepper**

**1/2 teaspoon cayenne pepper**

**bunch rosemary**

Let the steaks stand at room temperature for one hour.

For the butter baste, in a small saucepan simmer the butter and garlic over medium heat for 2 to 4 minutes. Let stand for one hour. Remove two tablespoons of the butter-garlic mixture. Set aside.

Combine the garlic salt and peppers. Use to season both sides of the steaks. Moisten hands with water; work the seasoning into the meat. Let stand for 5 minutes.

For a basting brush, tie the rosemary to a wooden spoon handle. Brush some of the butter baste on the steaks. Grill the steaks directly over hot coals for 8 minutes. Turn the steaks; baste every 2 minutes. Stand the steaks on edge, fat edges down, leaning against one another. Grill for 1 minute. Turn. Grill until the steaks reach an internal temperature of 145 degrees. Transfer to a cutting board.

With a fresh basting brush, baste the steaks with the reserved butter. Let stand for 5 minutes.

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Per Serving (excluding unknown items): 215 Calories; 23g Fat (94.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 1542mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.