

Char Broiled T-Bone Steak

*Earl McPhillips - Temple Terrace, FL
Treasure Classics - National LP Gas Association - 1985*

*steaks, cut 1-1/4-inch thick
fresh ground black pepper
garlic (fresh or ground)
Worcestershire sauce
salt*

Preparation Time: 5 minutes

Grill: 20 minutes

The steaks should be room temperature. Prepare both sides with pepper, garlic and Worcestershire sauce. Rub in well.

Place rack on a double burner gas grill to lowest setting. Turn both burners to the high setting. Heat with the lid closed for 5 minutes.

For medium to medium-rare: char broil the steaks for 7 minutes on each side with the lid open. Move the steaks to one end of the grill. Turn the burner under the steaks off. Turn the other burner to low setting.

Close the lid and bake for an additional 5 minutes.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .