
Lemon-Herb T-Bone Steaks

Summer Cookout Cookbook

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TIPS AND TRICKS

** Bring your meat to room temperature about 30 minutes before grilling. Pat dry.

** Use a thermometer to check for doneness. For medium-rare meat, cook until 130 degrees.

** After grilling, let the steak rest for 5 to 10 minutes before slicing so the juices redistribute.

BUTTER

1 stick butter, softened

1 tablespoon minced chives

1 tablespoon minced parsley

1 teaspoon lemon zest

1 teaspoon Worcestershire sauce

STEAK

2 (1-1/2 inch thick) T-Bone steaks

salt

pepper

Make the butter: In a bowl, mix the softened butter, chives, parsley, lemon zest and Worcestershire sauce. Mix well.

Season the steaks with salt and pepper.

Grill on oiled grates over medium-high heat, 4 to 6 minutes per side. Then at medium-low heat, covered, for 2 to 3 minutes per side for medium-rare.

Serve topped with the lemon-herb butter.

Yield: 2 steaks

Beef, Grilled

Per Serving (excluding unknown items): 1265 Calories; 124g Fat (87.3% calories from fat); 39g Protein; 2g Carbohydrate; trace Dietary Fiber; 361mg Cholesterol; 1095mg Sodium. Exchanges: 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 21 1/2 Fat; 0 Other Carbohydrates.