
Provencale Strip 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.

TOPPING

1 chopped tomato

1/4 cup chopped olives

1/4 cup chopped parsley

1 tablespoon olive oil

1 tablespoon red wine vinegar

salt

4 (3/4 to one inch thick) boneless strip steaks

salt

pepper

Make the topping: In a bowl, toss the tomato, olives, parsley, olive oil and vinegar. Mix well. Season with salt. Let sit for 15 minutes.

Season the steaks with salt and pepper.

Grill on oiled grates over medium-high heat for about 6 minutes per side for medium rare.

Serve with the tomato topping.

Yield: 4 steaks

Beef, Grilled

Per Serving (excluding unknown items): 198 Calories; 18g Fat (77.6% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 367mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.