

Salt and Serenity

Perfect Grilled Rib Steak

Plan ahead! You will need at least 4 hours and up to 2 days to let salted refrigerated steaks become seasoned.

Serves 2.

1 rib steak cut 1 ½ - 2 inches thick

2 Tablespoons Kosher salt

1. Set a wire rack set in a rimmed baking sheet. Place steak on wire rack and heavily salt both sides. Refrigerate for at least 4 hours and up to 48 hours.
2. Preheat 2 burners on gas grill on high for 10-15 minutes. Turn one burner to low and leave the other one on high. Remove steak from fridge and place on high heat side of the burner. Cook for 3 minutes. Flip steak and char the second side for 3 minutes. Move steak to cooler burner, close lid and cook for 5 minutes.
3. Check the temperature of the steak by inserting an instant read thermometer into the side of the steak and pushing it into the center, taking care not to touch the bone. It should read between 120°F -125°F for medium rare, 135-140°F for medium.
4. Remove steak from grill. Cover with foil and let rest for 5 minutes. Cut to separate the meat from the bone and then slice the meat on a diagonal into 1/4-inch slices. Serve.