

# Grilling Lilly's Leaf Farm Steak



## Ingredients

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- Lilly's Leaf Farm grass-fed steak (Room temperature)
  - Olive oil
  - Salt
  - Pepper
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## Method

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1. Thaw steaks ahead of time
2. Bring to room temperature before grilling
3. Rub with olive oil
4. Season with salt, pepper, and/or (optional) your favorite steak seasoning
5. *Consider a light marinade for less tender cuts, like sirloin tip and boneless sirloin*
6. Ensure your grill is HOT 400 to 500 degrees before placing any meat on it for a proper sear
7. When ready, place the steaks on the grill and sear steaks for 2 minutes on each side
8. Move and cook steaks with indirect heat away from the flames, to the top rack of the grill after both sides, are seared
9. Remove steaks after about 5 – 7 minutes (per pound); steaks will continue to cook after they leave the grill
10. A medium steak's internal temperature reads about 145 degrees F; if you have a meat thermometer, remove it from the grill when the thermometer reads about 135 degrees F
11. Top with a pad of butter and let steaks rest 5 – 10 minutes before serving.

