

# BARBECUING STEAK!

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Prepared at [Trailside](#)

*We barbecue 52 weeks a year and let me tell you, that in the Laurentians where it can drop to -30 in the winter, that calls for dedication!*

*We have ditched steak spice and use kosher salt and freshly ground black pepper to bring it all home. Try our way first and adjust to your own taste.*

*About grills – we use a gas grill often but for steaks, we use a reliable Weber 22” Kettle barbecue, hardwood charcoal (NOT briquets which are charcoal dust and chemical binders) and a chimney for starting the fire.*

*And of course, wood chips – mesquite or hickory are our preferences.*

Steaks should be at least 1” thick.

**Do not wash, rinse or pat dry the steaks.**

Sprinkle both sides with kosher salt (from about 6” high) wrap the steaks in plastic wrap and *either* place them in the freezer for 30 minutes *or* in the fridge for 2 hours.

**Prepare a 2-zone fire:**

**Charcoal – coals only on one side**

**Gas - one burner off, one on, or if 3 burner, two end ones on and middle one off.**

**Remove the steaks from the fridge or freezer.**

**Season with freshly ground black pepper on both sides.**

**FOR MEDIUM RARE:**

**Grill 2-1/2 – 3 minutes per side on hot fire to sear.**

**Move the steaks to the colder side and grill **covered** for 4 – 6 minutes. Check after 4 minutes and use touch test for readiness.**

**Let the steaks rest for 10 minutes off of the fire before serving.**