



Linwood's Tuscan Style Steak

INGREDIENTS

16 oz. High Quality Strip Steak
2 T. Olive Oil.
1 Lemon

STEPS

Preheat the grill, if using gas, the temperature should be 500 - 700 degrees. the grates should be clean before you heat your grill.

1. Remove the steak from the refrigerator for 30 minutes.
2. Pat the steak dry on both sides with a paper towel.
3. Brush the entire steak with olive oil.
4. Mix together the dry ingredients for the rub in a small bowl.
5. Firmly press the rub onto both sides of the steak. Be generous.

GRILLING

If your grill is 500- 700 degrees, it should take 4 minutes on each side. For medium rare, meat thermometer should read 125-130 degrees.

FOR THE RUB

2 T. Sea Salt.
1 T. Freshly Ground Black Pepper, preferably Tellicherry.
1 small bunch Fresh Rosemary finely chopped to make up 2 to 3 T. 1 tsp. sugar.

IMPORTANT

In order to achieve a proper crust, only flip the steak at the four-minute mark.

Remove your steak when it reaches the proper temperature, and let it REST for at least 10 to 15 minutes. Do not slice it yet!

During this time, cut your lemon in half, and squeeze over the steak.

After the meat has rested, slice, plate and enjoy.

OPTIONAL

A pat of butter placed on top adds richness.

MANDATORY

Open a bottle of good red wine!