

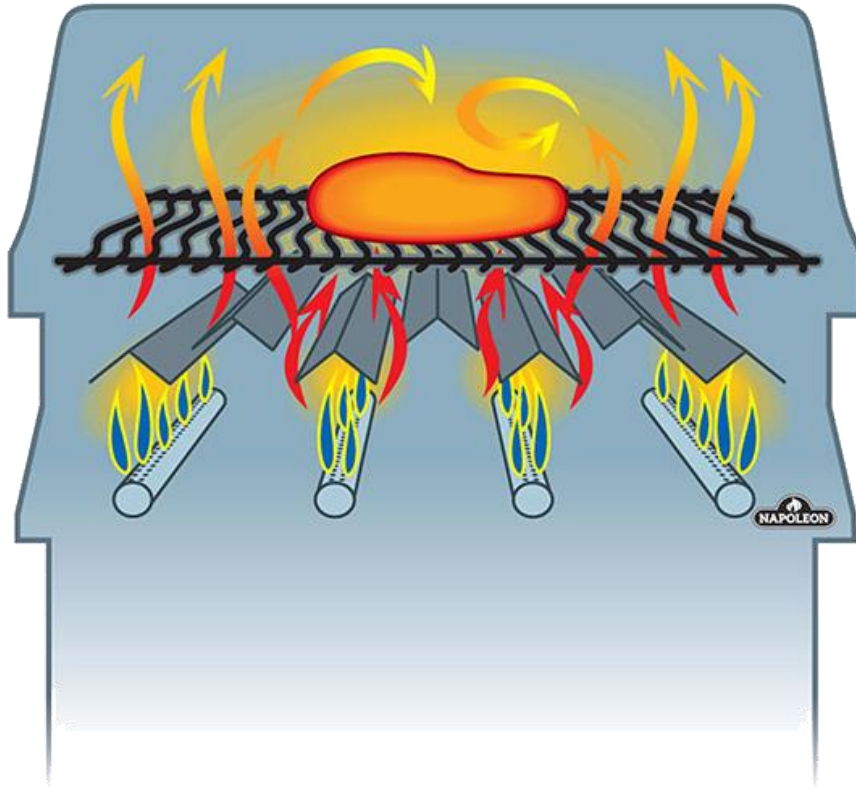


WHAT IS DIRECT AND INDIRECT GRILLING??

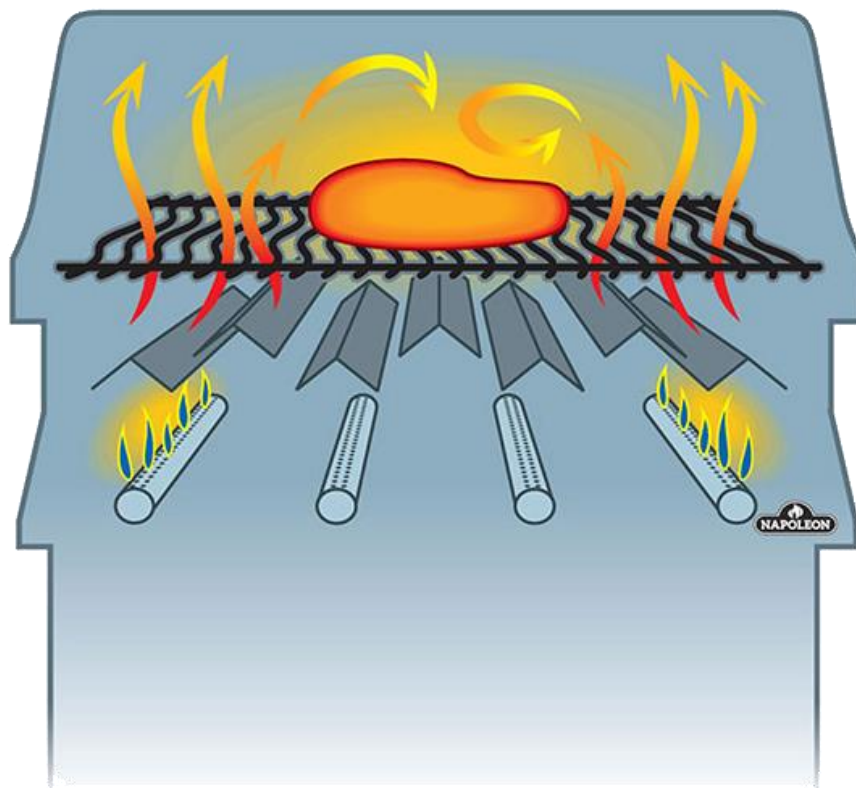
DIRECTLY ROASTED, INDIRECTLY SEARED

Direct grilling means that the meat is placed directly above the heat source and therefore gets a lot of temperature: perfect to produce strong roasted aromas and a nice crust.

If the meat is not in the direct area but away from the embers (charcoal) or the burner (gas grill), it is called the indirect grilling. The meat cooks slowly and the desired core temperature is particularly easy to achieve. The ideal preparation of a perfect steak is therefore a combination of direct and indirect heat, which we explain below depending on the type of preparation.



Direct grilling on a gas bbq.



Indirect grilling on a gas bbq.

HOW DO I GET THE PERFECT STEAK ON A GAS BBQ?

FORWARD OR REVERSE TO SUCCESS

For a gas grill, the "reverse grill method" is recommended. The grill is adjusted to a low heat of about 120 degrees and the grill area is separated into a direct and an indirect area. This can be achieved by running only one burner on a low flame, the other burners remain off first. Place the steak in the indirect area and leave it until the desired core temperature is reached (for example, 52 degrees). Then take it out of the grill and set it aside for about 10 minutes to rest - do not cover it, otherwise it will cook even further!

In the meantime, you start a second burner and then let both burners run at full heat to achieve the highest possible temperature in the grill. After the resting phase the steak is strongly grilled in the direct area from both sides until a crust and beautiful roasted aromas form.

The steak must then rest before cutting only 2 to 3 minutes. Season with salt and pepper after cutting.

The "forward grill method" is just the opposite of the reverse sear. The burners are fired up to full heat. The steak is placed for 1,5-2 minutes over direct heat to get a crust and beautiful roasted aromas. Then switch off all burners except one which runs at low heat to get around 120°-130°. The steak is placed as far as possible from the heat source and remains there until the desired core temperature (for example 54°) is reached. Then take it out of the grill and set it aside for about 8-10 minutes to rest. Season with salt and pepper and serve.

HOW DO I GET THE PERFECT STEAK ON A CHARCOAL BBQ?

A QUESTION OF RIGHT ZONES

In the grill only a third of the area is filled up with glowing coal to create a small direct and a large indirect area. Place the steak first in the direct area above the embers sear it sharply from both sides and then place it in the indirect area as far away from the embers as possible. Now turn down the grill to a temperature of as much as 120 degrees. The steak now stays on the grill until just before reaching the desired core temperature. Always keep the lid closed.

The steak is then taken off the grill to rest for 5 minutes before serving. In the meantime the temperature still raises 2 to 3 degrees. Season with salt and pepper after cutting.

Or just do the reverse sear as on the gas bbq.

WHAT IS THE CORE TEMPERATURE AND HOW DO I MEASURE IT?

A barbecue thermometer is a must!

The core temperature is the temperature in the middle of the steak or cooked meat in general. It provides information about the degree of cooking and thus defines the individual cooking levels. So you get for example at 56° to 59°, a medium steak.

For measuring there are special meat thermometers, which are briefly inserted into the steak to determine the current core temperature. So you have the absolute certainty that the steak has the desired degree and do not have to find out by cutting.



WHAT IS THE CORE TEMPERATURE FOR A PERFECT STEAK?

Measured correctly you will always get the perfect grade of doneness!

There is not an ideal temperature, but a certain amount of leeway that reflects the tastes of steak lovers. So do not panic if you do not quite hit the target core temperature. We recommend a core temperature of 57 degrees for a perfect medium steak. If you like it more "rare", you can deviate down to 3 degrees down here with the classic steak. If you prefer "well done" you can deviate 3 degrees upwards.

Generally you do not have to worry about any premium steak getting dry or chewy. High quality products guarantee a tasteful and juicy steak experience even at higher core temperatures.

Below is an overview of the most important cooking levels.

Cooking Level: Rare - raw at the core

Core temperature: 49-52 °

Roast / grill time: approx. 1.5 min / each side

Follow-up time: approx. 5-8 minutes at 120 ° C

Cooking Level: Medium Rare - crispy, inner core raw

Core temperature: 53-55 ° C

Roast / grill time: approx. 1.5 min / each side

Follow-up time: approx. 8-10 minutes at 120 ° C

Cooking level: medium - crispy, pink in the core

Core temperature: 56-58 ° C

Roast / grill time: approx. 1.5 min / each side

Follow-up time: approx. 10-12 minutes at 120 ° C

Cooking Level: Medium well - crispy, almost cooked

Core temperature: 59-61 ° C

Roast / grill time: approx. 1.5 min / each side

Follow-up time: approx. 12-15 minutes at 150 ° C

Cooking Level: Well done - crispy, cooked all the way

Core temperature: 62-64 ° C

Roast / grill time: approx. 1.5 min / each side

Follow-up time: approx. 15-18 minutes at 150 ° C



FLAREUPS ARE BURNING MY STEAK! WHAT SHOULD I DO?

Do not panic you do not need to immediately pull the steak out of the flame or even extinguish it. Not the meat itself burns, but the melting fat. Normally the flames go out as soon as you close the lid of the grill. If that's not the case, take the steak out of the immediate area and wait for the flames to go out. Then you can put it back in the direct area. Never extinguish the flames with beer or other liquids!



HOW OFTEN SHOULD I FLIP MY STEAK?

Make your steak look good

Normally you only flip a steak once if you have a typical char for about one to two minutes per side. If you prefer a cross-shaped grill pattern you flip it three times, changing the angle to the grid by 45 to 90 degrees - this is how the grill pattern, also known as "branding", is created.



HOW DO I CREATE A NICE CRUST?

You must apply salt before cooking!

For a tasty and appealing crust you need the highest possible heat. Depending on the grill and coal used - or the gas grill depending on the power - it takes only one to two minutes from each side until the surfaces are roasted beautifully. You can reinforce the crust by first applying coarse salt to the steak, I recommend MALDON sea salt flakes.



HOW LONG SHOULD THE STEAK REST BEFORE SERVING?

A steak should rest for five to ten minutes in a warm place, but do not wrap or cover. This would soften the crust. Thin steaks are left to rest a little less, about three to five minutes. The resting phase is very important for achieving the perfect steak, because during the rest the temperature and juices spread evenly, tensions dissipate and afterwards less meat juice emerges.

Follow these instructions and you will always enjoy a perfectly grilled steak!

