

New York Strip Steak (1" thick)

Cut From:
Short Loin

\$21.89/ lb + tax

Best Prepared

- On the grill or seared in a cast iron pan

Meal Suggestion:

- On its own
- Steak sandwiches
- Steak salad
- Steak and eggs

Canyon Meadows Ranch Grass Fed New York Strip

Serves: 1/3 lb of steak per serving

Prep time: 20 minutes

Cook Time: 6-10 minutes

Ingredients:

- Canyon Meadows Ranch New York Strip Steaks
- Salt and Pepper
- Garlic powder
- Worcestershire Sauce

Directions

1. Let steaks come to room temperature - sit out of the refrigerator for 1/2 - 1 hour
2. Poke gently with a fork a few times across the top. Sprinkle generously with Worcestershire sauce and season with salt, fresh ground pepper and garlic powder or your favorite grill seasonings. Allow to sit on one side for 10 -15 minutes, turn and repeat on other side
3. Place steaks onto hot grill or cast iron pan and cook covered for 3-5 minutes
4. Flip and cook for another 3-5 minutes, checking for flare-ups and doneness of meat
5. When steaks are ready remove from grill and cover gently with foil
6. Allow steaks to rest for 10 minutes to redistribute juices before enjoying.

Tips:

- Cooking times will vary depending on grill heat, thickness of steaks and preference
- Appearance, touch and temperature are all good ways to check for perfecting your technique