

Grilled Bone-In Ribeye

Courtesy of Carole's Creations

Prep Time: 5

Standing Time: 30 minutes

Cooking Time: 10-15 minutes

Serves: 2

CChints: A high heat at the beginning is the secret to searing in the natural juices in the steak.



2 bone-in ribeye steaks, 1 inch or thicker
1 teaspoon meat tenderizer per pound of meat
1 Tablespoon Emeril's Steak Seasoning
3 teaspoons olive oil
2 teaspoons butter
Salt and pepper to taste

Rinse the steaks and lay them on a cutting board. Sprinkle with meat tenderizer on one side and use a fork to poke a few shallow holes to allow the tenderizer to get into them meat. Sprinkle the seasoning evenly on both sides of the meat and gently press it down into the meat. Let sit at room temperature for 30 minutes while the grill heats up. The meat needs to come to room temperature before grilling.

Heat the grill to high heat and close the cover. During this time start preparing the side items you want to go with your steaks.

At the end of the 30 minutes, spread the olive oil on one side of each steak and sprinkle lightly with salt and pepper. Open the grill and lay the steaks on the grill, oil side down and grill for 5 minutes with the cover open. Do not move the steak during this time. After 5 minutes, sprinkle with salt and pepper and flip the steaks over. Spread 1 teaspoons of butter over the seared side of the meat. Cook for another 4 minutes for medium rare or longer, depending on how you like your meat cooked. Remember, you can always put the steaks back on the heat to cook them more but you can't un-cook a steak.

Remove from the grill and place on serving plates. Let rest for 3 minutes to allow the juices to redistribute in the meat. Serve with your side dishes. Enjoy.