



# AVON PRIME MEATS

# STEAK GUIDE

Grill outdoors or in a cast iron stove top grilling pan or use broiler. Always use a meat thermometer. We recommend grilling these steaks to medium rare 135 ° F.

STEAK	DESCRIPTION	GRILLING TIME	SAUCE PAIRING	SIDES PAIRING
<b>Skirt Steak</b>	Long, brawny, with deep beef flavors, richly marbled. Lower belly cut.	4 - 5 mins per side	Chimichurri, Chipotle Lime	Tomato & Cucumber Salad, grilled vegetables. Great for fajitas / burritos.
<b>Hanger Steak</b>	Thick, marbled and grainy. Only two per steer.	7 - 8 mins per side	S&F Ginger Teriyaki, Stonewall Kitchen Honey Sriracha BBQ Sauce	Potato salad, Mashed potatoes, or steamed green beans
<b>Coulotte / Picanha</b>	Leaner. From the bottom sirloin. Can be roasted or grilled.	7 - 8 mins per side if large. 5 - 6 mins if small.	S&F Steakhouse Sauce	Risotto, marinated mushrooms, great over a bed of greens.
<b>Petite Sirloin</b>	Lean yet rich in flavor. Dense texture. Great when sliced thin.	7 - 8 mins per side	Stonewall Kitchen Maple Chipotle Grill Sauce	Mashed potatoes, creamed spinach, grilled asparagus.



# TIPS FOR GRILLING STEAKS

## **3/4" THICK**

4 to 6 minutes, direct high heat, turn once. Check temperature.

## **1" THICK**

6 to 8 minutes, direct high heat, turn once. Check temperature.

## **1 1/4" THICK**

8 to 10 minutes, direct high heat, turn once. Check temperature.

## **1 1/2" THICK**

Sear 6 to 8 min direct high heat, turn once; grill 4 to 6 min indirect high heat. Check temperature.

## **2" THICK**

Sear 6 to 8 min direct high heat, turn once; grill 8 to 10 min indirect high heat. Check temperature.

Grill according to thickness of steak for medium rare (add an additional minute per side for bone in steaks).

- For most steaks, we recommend they be cut to 1 1/4 to 1 1/2 inches thick. For Filet Mignon, cut into 8oz. filets.
- Bring your steak to room temperature.
- Rub with olive oil, add salt and pepper or your favorite rub.
- Close lid of your grill while grilling your steak, this will keep moisture in and make cooking time shorter.
- Always use a meat thermometer. For beef, medium rare is: 135° F, medium is 140° and medium well is 150°F.

After grilling, always let your steak rest, covered, for 5 minutes before slicing. This will redistribute juices inside the steak and increase internal temperature by 5 degrees.



— AVON —  
**PRIME MEATS**

**BABY  
BACK  
RIBS**

- Allow ribs to get to room temperature
- Pre-heat oven to 275F.
- Season them generously with salt, pepper or your favorite rub.
- Set them on a tray and cover them with aluminum foil.
- Place in the oven, cook at 275F for 2.5 hours or until fork tender.
- Remove from oven. If desired, slather them with sauce and finish on the grill for another 15 minutes.
- To finish in the oven, increase temperature to 375F, uncover the ribs, add sauce and bake for another 20-30 minutes.



# DRY AGED STEAKS

**The best methods of cooking a Dry Aged Steak are searing & broiling.**

A Dry Aged steak has about 25% less moisture than a regular steak which intensifies the beef flavor. It is important that the steak is at room temperature before seasoning it, to avoid any moisture surfacing due to the salt, which could interfere with the searing process.

## SEARING

Rub your steak with Olive oil and season with coarse salt & pepper or Borsari seasoning. On your stove top, heat the cast iron pan to prepare it for the steak. Preheat oven to 350° F. Once pan is hot, place steak in cast iron pan. Sear on medium high for 5 minutes per side. Transfer cast iron pan to oven until steak reaches internal temperature of 135° F for medium rare. Remove and let it rest, covered with foil, for 15 minutes before slicing.

## BROILING

Rub your steak with Olive oil and season with coarse salt & pepper or Borsari seasoning. Preheat oven to broil on high (500° F). Place steak into an oven safe roasting pan. Broil steak turning once, until steak reaches internal temperature of 135° F for medium rare. Remove and let it rest, covered with foil, for 15 minutes before slicing.