



## BLACK ANGUS STEAKHOUSE PREMIUM STEAK GRILLING TIPS

*Black Angus Steakhouse Executive Chef, Dave Ohlsen, Offers Expert Tips for Selecting, Seasoning, Grilling, and Serving Steak for the Summer BBQ Season*

### **SELECTION**

“The largest challenge facing consumers today is how to select quality beef,” says Ohlsen. “While there are a variety of beef cuts and grades available at every supermarket, how does one choose? The best bet is to follow the guidelines I use for Black Angus Steakhouse.”

**TOP GRADE BEEF:** “At Black Angus Steakhouse, we use only All-Natural Black Angus beef. Black Angus beef is the top one-third of USDA Choice. I like Choice All-Natural Black Angus beef that has been aged because it consistently offers great balance between tenderness and flavor. During the aging process, the juices are absorbed into the meat, enhancing the flavor and tenderizing the steaks.”

**FRESH-CUT:** “Just as important as the grade is the freshness of the cut. At Black Angus Steakhouse all of our steaks are fresh-cut daily, by our Chefs in our kitchens to ensure our Guests the juiciest steaks. Fresh-cut beef means never frozen.”

**BEST CUTS:** “The tenderest cuts come from the rib, loin, and sirloin areas. The best cuts of steak include the Filet Mignon, Ribeye, New York Strip, and Top Sirloin. In addition to tender and juicy steaks, Black Angus Steakhouse also specializes in Slow-Roasted Prime Rib.”

**TOUGHER BUT TASTY:** These cuts include the chuck, round, flank steak, and brisket. “Although we do not serve these cuts at Black Angus Steakhouse, I recommend marinating or slow-cooking methods such as oven roasting, pot roasting, or braising.”

### **SEASONING**

“The second largest question from our Guests is ‘How should I season my steak?’” says Ohlsen.

“The answer is simple – a little bit of butter, salt, and pepper. Most Prime and Choice grades of beef are naturally flavorful and don’t require much seasoning. If you plan to grill your steak over an open flame, as we do at Black Angus Steakhouse, salt, pepper, and the smoke from the grill will result in a wonderful taste.”

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### **GRILLING—One, two, three**

“Once a griller, always a griller,” says Dave Ohlsen. “At Black Angus Steakhouse we never fry steaks in a pan or on a flat top grill like some other restaurants do. Once you learn to flame-grill your steaks, you will never want to cook it any other way,” he says. The three most important tips to grilling are:

- 1) *Take your time* – Wait until your coals are hot and evenly spread across the grill. This will help cook your steaks slowly and evenly.
- 2) *Turn twice* – Leave the steak on the grill with the lid on, only flip it over after 5 minutes on one side and then again 5 minutes later. Then, depending on how you like it: medium rare, medium, or medium well, you can turn it once again for a few more minutes to get it just right. The score marks that are left on the steak from the grill actually enhance the flavor.
- 3) *Don't burn it!* – Check your steak before it is done, rather than ruin it by over cooking. If you take your time with nice even heat, turn it twice, and check it, you should be a pro by the second time! Expert grillers, like the Chefs at Black Angus Steakhouse, know the doneness by time, as well as visual cues and firmness to the touch.

### **SERVING**

“Serving a tender, juicy steak straight from the grill is impressive to most guests,” says Ohlsen, “however, here are a few other ways to make serving a whole meal unforgettable:

- ◆ Grill some vegetables right on the grill next to your steak. Try zucchini, yellow squash, bell peppers, and mushrooms sprinkled with a little olive oil and your favorite seasonings.
- ◆ Another great addition would be whipped garlic mashed potatoes – one of the menu favorites at Black Angus Steakhouse.
- ◆ Sautéed fresh mushrooms and onions are also wonderful additions to a delicious steak. At Black Angus Steakhouse, sautéed mushrooms are the most popular complement to our tender steaks.”