

Steak Tips

Cooking steak can be a tricky feat. It requires minimal effort but sometimes the slightest misstep can ruin your cut of meat. We've been experimenting with steaks in the June Test Kitchen and we decided to put together a simple guide to help demystify them.



Step 1: Pick a cut

Choosing the right cut of meat is key to grilling the perfect steak. The priciest cuts don't always translate into better steaks. Personal taste plays a big role, as a guide here are some of our favorite cuts:

Ribeye: Lots of marbling. One of the richest meatiest cuts out there.

Top Sirloin: Meaty, marbled and moderately tender.

Tenderloin: Low in fat, very tender and not as meaty as the ribeye or top sirloin.

T-bone: A combination of a sirloin and tenderloin separated by a bone. This two-for-one cut is perfect for indecisive people.

Step 2: Preparing your meat

Steaks with higher fat content such as ribeye steaks or cuts with "marbling" usually do not require marinades. Remember, fat equals flavor. Similarly, leaner cuts such as a tri-tip, skirt steak or a flank steak will benefit from marinades.

Steaks should be at least $\frac{3}{4}$ -inch to 2-inches thick.

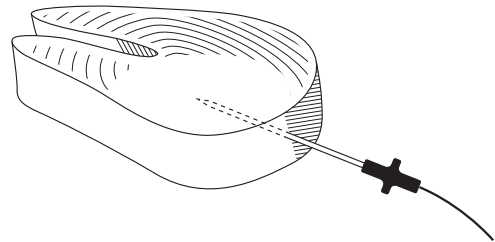
Remove the meat from the fridge about thirty minutes to an hour before cooking. This helps the meat cook more evenly.

Season the steaks evenly with salt and pepper. It is very difficult to over salt your meat if you season the surface evenly.

Step 3: Perfect Steaks in the June

You can achieve great results by cooking your steak in the June Oven. Our Food ID technology automatically recognizes your steak and will ask you how you like your meat cooked. Using the June Food Thermometer June will cook your steak to your precise liking allowing you to focus on that glass of wine.

For best results, horizontally insert the thermometer into the center at the thickest part, away from bone, fat, and gristle.



Step 4: Resting is key

Resting the meat is just as important as cooking it. Resting allows the heat to equalize and the juices in the meat to be redistributed evenly. A good rule of thumb is to allow your steaks to rest for the same amount of time they took to cook.