

## Tips for Cooking the Perfect Steak

Steak is considered by most the ultimate dining treat. However, if you don't know how to cook your steak properly, you are jeopardizing ruining a perfectly good piece of meat. Anyone can eat a steak, but it takes a bit of skill and practice to be able to cook the perfect steak. The following tips will help you learn how to prepare, and cook the perfect steak.

The most important part of cooking steak is the defrosting process. When you put steak in the microwave and hit defrost, you are GOING to ruin your meat. Microwaving meat is never a good idea, so please plan ahead and always take your meat out about 24 hours before you are going to be eating. This way, you know it will be defrosted nicely, with no hidden frozen spots, and you can cook it accordingly.

Next, you want to worry about seasoning your steak. For the best flavor you should season the meat with dry ingredients first. Use a packaged steak spice, or use your imagination and create something new. Also, remember to season both sides. After seasoning the steaks with spices, you can marinate it in your favorite sauces. There are many good bottled marinades you can buy at the local supermarket, or you can look up a recipe and make a delicious one yourself.

After marinating your steak for the desired amount of time, light up the barbeque! After it has been heating for five or ten minutes, make sure you clean it by using a brush. Make sure the barbeque isn't turned up to high, and then place your steak directly on the grill. Close the lid and allow your steak to cook for a while. There is no need to worry about burning them since the lid will prevent flames. Cook two 1 inch thick steaks, for no more than 6 minutes on each side. For 2 inch thick steaks, try 8 minutes on each side. If you follow these instructions, and leave the lid on, the barbeque will begin to smoke when it's time to flip the meat. I also suggest that you get a timer and use it.

Now all you have to do is relax and wait for the steaks to finish cooking. Relax, have a beer or glass of wine, and enjoy the delicious smell of the kind of summer barbeque that makes everyone jealous.

Source: <http://www.articlecircle.com>

### About the Author

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