

## Perfectly Grilled Steak: A Foolproof Guide to Juicy, Flavorful Steaks

There's nothing quite like the



**OVEN**  
**450°F**

**TIME**  
**10 min**

**TEMP**  
**140°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Steaks:

2 New York strip steaks (about 12 oz each, 1...-inch thick)

1 teaspoon kosher salt

Vegetable oil, for the grill

Flaky salt, for finishing (optional)

Freshly ground black pepper, to taste

For the Compound Butter (Optional but Highly Recommended!):

4 tablespoons unsalted butter (½ stick, softened)

4 sprigs fresh thyme, leaves removed and chopped

1 sprig fresh rosemary, finely chopped

1/8 teaspoon kosher salt

1/8 teaspoon red pepper flakes (optional, for a little heat)

Step-by-Step Instructions:

1. Make the Herb Butter (Optional but Worth It!):

2. Prep the Steaks & Grill:

3. Season & Grill the Steaks:

4. Check for Doneness:

Rare: 115°F - 120°F (cool red center)

Medium-rare: 120°F - 125°F (warm red center)

Medium: 130°F - 135°F (warm pink center)

Medium-well: 140°F - 145°F (slightly pink center)

Well-done: 150°F+ (no pink)

5. Rest the Steaks:

6. Serve with Butter & Seasoning:

Pro Tips for the Best Grilled Steak:

Let the Steak Come to Room Temperature - Cold steaks take longer to cook and can develop an uneven sear.

Use an Instant-Read Thermometer - Guessing doneness leads to overcooked or undercooked steaks. A thermometer guarantees precision.

Resting is Crucial - Cutting too soon releases the juices, leaving you with a dry steak. Always let it rest!

Get the Grill Super Hot - High heat ensures a perfect crust while keeping the inside tender.

Try a Reverse Sear - For extra-thick steaks, cook them over indirect heat first, then finish with a high-heat sear.

What to Serve with Grilled Steak:

Garlic Mashed Potatoes - Buttery and creamy, the perfect comfort side.

Grilled Asparagus - Light, charred, and drizzled with olive oil.

Crispy Roasted Brussels Sprouts - Tossed in balsamic glaze for a caramelized crunch.

Baked Sweet Potatoes - A naturally sweet contrast to the savory steak.

## DIRECTIONS

1. Make the Herb Butter (Optional but Worth It!): If you're making the compound butter, start by letting the butter soften at room temperature.
2. Finely chop the thyme and rosemary, then mix them into the butter along with kosher salt and red pepper flakes. Stir until well combined.
3. Spoon the butter onto plastic wrap or parchment paper, roll it into a log, and twist the ends to seal. Refrigerate for at least 30 minutes so it firms up.
4. Prep the Steaks & Grill: Before grilling, let the steaks sit at room temperature for about 30 minutes. This helps them cook more evenly.
5. Meanwhile, preheat your grill to high heat (about 450°F). If using a charcoal grill, let the coals get red-hot and distribute them evenly.
6. Once hot, clean the grill grates and oil them using a paper towel dipped in vegetable oil. This prevents sticking and helps create those signature grill marks.
7. Season & Grill the Steaks: Pat the steaks dry with paper towels, then generously season both sides with kosher salt.
8. Place the steaks on the hot grill, cover, and let them cook for 3-4 minutes undisturbed, until dark grill marks form.
9. Flip the steaks and grill for another 3-4 minutes.
10. Check for Doneness: Use an instant-read thermometer to ensure your steak reaches your preferred level of doneness:
11. Rare: 115°F - 120°F (cool red center)
12. Medium-rare: 120°F - 125°F (warm red center)

13. Medium: 130°F - 135°F (warm pink center)
14. Medium-well: 140°F - 145°F (slightly pink center)
15. Well-done: 150°F+ (no pink)
16. If needed, continue grilling, flipping every minute or so, until the steak reaches your desired temperature. If the steaks brown too quickly, reduce the heat or move them to a cooler part of the grill.
17. Rest the Steaks: Once done, transfer the steaks to a cutting board or serving plates and let them rest for 5 minutes. This allows the juices to redistribute, keeping the steak tender and juicy.
18. Serve with Butter & Seasoning: Top the steaks with slices of compound butter, letting it melt into the warm meat. If you skipped the butter, a sprinkle of flaky salt and freshly ground black pepper will do the trick.
19. Pro Tips for the Best Grilled Steak: Let the Steak Come to Room Temperature - Cold steaks take longer to cook and can develop an uneven sear.
20. Use an : Instant-Read Thermometer - Guessing doneness leads to overcooked or undercooked steaks. A thermometer guarantees precision.
21. Resting is : Crucial - Cutting too soon releases the juices, leaving you with a dry steak. Always let it rest!
22. Get the : Grill Super Hot - High heat ensures a perfect crust while keeping the inside tender.
23. Try a : Reverse Sear - For extra-thick steaks, cook them over indirect heat first, then finish with a high-heat sear.
24. What to Serve with Grilled Steak: A beautifully grilled steak pairs well with classic sides and fresh flavors:
25. Garlic : Mashed Potatoes - Buttery and creamy, the perfect comfort side.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/perfectly-grilled-steak-a-foolproof-guide-to-juicy-flavorful-steaks/>