

Betty's Garlic Grilled New York Strip Steak



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In this video, Betty demonstrates how to make Garlic Grilled New York Strip Steak. This steak is marinated in a blend of olive oil and minced garlic, then seasoned with salt and pepper and grilled to taste on an outdoor grill. Mmm...good!!!

Ingredients (for 2 people):

2 New York strip steaks (You may use sirloin, ribeye, T-bone, porterhouse, or a petite fillet instead.)
¼ cup extra virgin olive oil
2 medium cloves garlic, minced
freshly ground sea salt, to taste
freshly ground black pepper, to taste

Place your steaks on a cutting board. You may pound them with a meat mallet, if you want to make them more tender or thinner. Use your hands to rub both sides of the steak with minced garlic. Pour ¼ cup olive oil into a heavy-duty zip-lock bag. Place the steaks in the bag, along with any stray pieces of garlic. Close the zip-lock bag tightly, and work the garlic and oil into the steak from the outside of the bag. Place the bag containing steaks and olive oil-garlic marinade in a refrigerator for about 4 hours or longer. Remove the steaks, and pick off any garlic pieces that stick, so that they will not burn when grilled. Let the steaks come to room temperature, and then place them on an outdoor grill, which has been heated. (You may use an electric kitchen grill, if you prefer.) Cook the steaks to your preference, using tongs to turn them halfway through the cooking procedure. When the steaks are done to your taste, remove them from the grill and place them on a nice serving platter. You should let the steaks rest for about 5 minutes to distribute the juices. I served these with some grilled chicken tenders (which were grilled alongside the steak), potato wedges, a variety of mixed vegetables, home-baked bread, and fruit punch. This makes a delicious summertime dinner!

Enjoy!!! --Betty ☐

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