

# Betty's Mouth-Watering Grilled T-Bone Beef Steak Recipe



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In this video, Betty demonstrates the preparation of T-Bone Beef Steaks for grilling. It's a favorite with just about everyone! Ingredients: (2) 1-pound T-bone beef steaks (These will be about 1-inch thick.) meat tenderizer, to taste freshly ground black pepper, to taste extra virgin olive oil, enough to cover both sides of both steaks Sprinkle meat tenderizer on top and bottom of each of the steaks. Next, grind fresh black pepper from a pepper mill on top and bottom of each steak. Now, cover top and bottom of each steak with extra virgin olive oil. Grill in the manner most comfortable to you. We used an outdoor gas grill and grilled the steaks to "medium" degree of doneness. This method of preparing steaks is my favorite! It can be used as a marinade, and the steaks can be prepared ahead of time and stored, covered with plastic wrap, in the refrigerator. The steaks should be brought to room temperature about 90 minutes before grilling. We love these!!!