

How to Pick & Grill the Perfect Steak

DivineLifestyle.com



Skirt
steak

Blade
on Bone
Steak

NY
Strip

Ribeye

Filet

Set out
steak to
reach
room
temp

Dry
steaks
&
season.

Grill to
desired
temp

Let sit
30 min
before
carving.

Grill 1-2
min per
side, to an
internal
temp of
120



Blue rare

Grill 5-7
min per
side, to an
internal
temp of
135-140



Medium

Grill 3-4
min per
side, to an
internal
temp of
120-130



Rare

Grill is 7-9
min per
side, to an
internal
temp of
140-150



Medium well

Grill 4-5
min per
side, to an
internal
temp of
130-135



Medium rare

Grill on
med heat
9-11 min
per side,
to an
internal
temp of
150-170



Well done