

Grilling Thick Steaks The Reverse Sear

Oscar · 29/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

50 mins

Description

Grilling thick steaks 2 inches or more over high heat can be challenging. The outside layers tend to be heavily charred and dry by the time the center reaches the desired temperature unless you are a black and blue fan. The reverse sear brings the steak up to temperature slowly over low indirect heat, allowing the meat enzymes to work their magic. The steak is then grilled at a high temperature to get the appropriate crust.

Ingredients

- - 1 cup hickory wood chips
- soaked - 1 (2 1/2 pound) 2-inch-thick porterhouse steak
- at room temperature - sea salt and freshly ground black pepper to taste - 1 tablespoon olive oil
- or as needed

Instructions

1. Place wood chips in the smoker box of your gas grill according to manufacturer's instructions. Preheat one side of the grill to about 250 degrees F (121 degrees C). Season steak generously with sea salt and black pepper on both sides. Place steak on the cool side of the preheated grill. Cook until an instant-read thermometer inserted into the center reads about 100 degrees F (37 degrees C)
2. 25 to 30 minutes. Transfer steak to a plate. Brush with olive oil and cover with aluminum foil. Increase heat on the grill to 600 degrees F (315 degrees C) by turning both burners up to maximum. Return steak to the hot grill and cook until crust forms and an instant-read thermometer inserted into the center reads 125 degrees F (52 degrees C)
3. about 3 minutes per side. Transfer steak to a clean plate. Cover with aluminum foil and let rest before serving
4. about 5 minutes. Recipe Tips You can use a strip or rib-eye steak if preferred. This recipe produces a medium-rare steak. For rare
5. drop the meat's internal temperature by 10 degrees F in step 6; for medium
6. raise it by 10 degrees F. If you're using a different kind of equipment
7. such as a Kamado grill
8. be sure to follow any relevant instructions.