

RUTH'S GRILLING TIPS



NOTHING BEATS A USDA PRIME STEAK, AT RUTH'S CHRIS STEAK HOUSE. HAND CUT ON THE PREMISES, AND COOKED AT 1800°F TO SEAR IN ALL THE JUICES, BUT IF YOU WANT TO TRY YOUR HAND AT THE FINE ART OF STEAK COOKERY IN YOUR OWN HOME WE'VE GOT SOME TIPS FOR YOU!

MOST IMPORTANT IS THE CUT OF MEAT. USDA PRIME, IS BY FAR THE HIGHEST GRADE OF BEEF, BECAUSE OF THE HIGH LEVEL OF MARBLING – THE TERM USED TO DESCRIBE THE STREAKS OF FAT IN A STEAK. DURING COOKING THESE VEINS OF FAT BASTE THE MEAT FROM WITHIN, MAKING IT EVEN MORE MOIST AND FLAVOURFUL.

JUST AS IMPORTANT FOR GOOD STEAK, THE AGING PROCESS. AGING ALLOWS THE NATURAL OCCURRING ENZYMES WITHIN THE MEAT TO SLOWLY BREAK DOWN SOME OF THE CONNECTIVE TISSUE THAT CONTRIBUTES TO TOUGHNESS. BEEF AGING CAN VARY FROM 3 TO 28 DAYS.

NEXT, GIVE YOUR STEAKS THE RIGHT AMOUNT OF HEAT. COOK IN A VERY HOT OVEN BROILER, KEEPING THE STEAKS 2 TO 3 INCHES FROM THE HEAT ELEMENT. IF YOU ARE CHOOSING A GAS OR CHARCOAL GRILL, ALLOW THE COALS TO GET WHITE HOT BEFORE COOKING STEAKS. REFER TO THE CHART BELOW TO REACH YOUR DESIRED LEVEL OF DONENESS.

FINALLY, GREAT STEAKS MUST HAVE A GREAT PRESENTATION. AT RUTH'S CHRIS STEAK HOUSE, WE PRE-HEAT OUR SERVING PLATES, TOP WITH A LITTLE MELTED BUTTER ON EACH, AND SERVE UP THE STEAKS.....**SIZZLING!!!**

Doneness	Colour	Cooking Time
Rare	Very red, cool centre	2-3 min. each side
Medium Rare	Red, warm centre	3-5 min. each side
Medium	Pink centre	5-6 min. each side
Medium Well	Slightly pink centre	7-8 min. each side
Well Done	No pink	8-9 min. each side



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RUTHSCHRIS.CA

**Items are served raw, or undercooked, or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shell fish or eggs may increase your risk of food-borne illness.*