



ORIGINAL STEAKS

We prefer to use only Strip Loin, Rib Eye or Tenderloin. Sirloin is still a good choice, but should be aged as long as possible. Buying from an independent meat market will ensure that this is done properly.

There are lots of myths and secrets that everyone has for barbecuing. Some work and some do not. This is the way we cook our steaks and it is no real secret. Chefs at the best steak houses will tell you the same. The grill has to be HOT! Most BBQ's will not even put out enough heat on high to properly cook a steak. Most BBQ's will only heat to about 400-450 degrees fahrenheit. The best restaurants run theirs at 550-575 degrees fahrenheit. The reason for this high temperature is to sear the outside of the steak on both sides and then move it to a cooler spot on the grill to finish it off. This keeps all the good stuff inside where it belongs.

- An hour before cooking, put spices on the steak so the meat can take on some of the flavour.
- When close to cooking time, cover the steaks with a light coat of cooking oil or melted butter. This will help to sear the steak and keep all the flavour and juices inside.
- When the steaks are put on the grill they will flare up and the more flame the better. Don't try to put them out as it is just the oil or butter burning. The flame is doing its job of searing the outside. At this point you want to keep a close eye on the steaks as this is when, if left too long on one side, they will burn to a crisp. As soon as one side has a nice brown colour to it, flip it and watch the flames again. As soon as this side is brown, move the steak to a cooler spot on the grill.
- Pour Cattle Boyz sauce over the steaks and cover them completely. You can flip the steaks 2 more times to get the sauce on but try not to do it any more than 4 times total, including the searing.

Cattle Boyz sauce will not burn black like most sauces, so it can be cooked on a relatively hot grill with no burnt taste. To finish off the steak, try topping it with a whipped garlic/herb butter (if you are not concerned about the calories) and ENJOY!