

[GRILL RECIPES STEAK](#)



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Basic Tri-Tip Steak Let 1 tri-tip steak (1 1/2 inches thick, about 2 pounds) come to room temperature. Pat dry; season with salt and pepper. Heat a grill to medium high on one side and medium low on the other. Grill on oiled grates over medium-high heat, 5 minutes per side, then over medium low, covered, 7 to 9 more minutes per side for medium rare.

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Perfectly Grilled Steak Recipe Bobby Flay Food Network

Turn the steaks over and continue to grill 3 to 5 minutes for medium-rare (an internal temperature of 135 degrees F), 5 to 7 minutes for medium (140 degrees F) or 8 to 10 minutes for medium-well (150 degrees F). Transfer the steaks to a cutting board or platter, tent loosely with foil and let rest 5 minutes before slicing.

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Delicious Foreman Grill Steak Recipes

The George Foreman Grill is a dual contact electric grill, which means it uses direct contact with the meat on both side for the grilling process. It also does not get as hot as an outdoor grill. The recommended grilling times for a steak of 1/2 - 1 is 4-7 minutes for medium rare and 7-9 minutes for medium.

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Grilled Delmonico Steak Recipe Grilla Grills

Preheat Kong to 400 degrees and put down your Grill Grates and get them very hot. If you do not have Grill Grates, then cook directly on the grates of your grill. Remove the steaks from the marinade, lightly oil the grates and sear the steaks for 3 to 5 minutes. Rotate the steak 90 degrees, sear for another 3 to 5 minutes.

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How to Grill Steaks Perfectly The Spruce Eats

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Place steaks on oiled grates, and grill, uncovered, until grill marks appear, about 3 minutes. Turn steaks 45 to create diagonal grill marks.

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