



For Immediate Release

Steak Grilling Tips from Harris Ranch Beef

Summer is filled with special outdoor celebrations that are complemented by a perfectly grilled steak. Chef Anthony Hagans is the Executive Chef at Harris Ranch Inn & Restaurant in Coalinga, CA. Hagans serves an average of 1500 entrées per day at the destination restaurant, most of them featuring beef. This beef expert shares some of his best tips for choosing and cooking a perfect, juicy steak.

Choosing a Steak

1. Purchase the best grade of meat, either USDA prime or USDA choice. Harris Ranch produces these quality grades, and they will produce a delightfully tender and juicy steak with a buttery flavor that is distinctively superior to less expensive steaks.
2. Look for a steak with "marbling", which is the term for thin white veins of fat. This is the key to tender and flavorful beef, so the more marbling the better.
3. The thickness of the steak is important. We cut our steaks a minimum of a 1" to 1 ¾", which helps us produce a nice color on the outside and prevent a dry steak.
4. I recommend getting a steak that has been aged 14 to 24 days. You can request this from your butcher.

Cooking it to perfection:

1. Bring the steak to room temperature by allowing it to rest on the counter for about 30 minutes before cooking. If the steak was frozen, thaw it in the refrigerator first for at least a day or two.
2. Preheat the grill and season the steak. Oil the steak lightly on both sides to prevent sticking. Place the steaks on a hot grill over direct heat. Turn the steak only once and finish grilling.
3. Use tongs and spatulas to turn roast and steaks. Do not use a fork or contraptions with hooks on them. When you pierce the meat, it releases its juices and the steak can turn out dry.
4. The steak will continue to cook after you remove it from the grill, so take it off the heat a few minutes before it is done to your liking. Allow it to rest about three minutes or so to redistribute the juices back into the meat.

For over 40 years, Harris Ranch Beef Company has strived to produce the highest quality beef in the world. Located in California's Central Valley, the company has built a uniquely integrated beef production system where cattle are sourced, fed and humanely processed exclusively by Harris Ranch. Few, if any, beef companies—other than Harris Ranch—can claim they control all aspects of production. Still family owned and operated, the Harris family takes great pride in raising its beef to be as pure and great tasting as nature intended. For more information please visit www.harrisranchbeef.com.

For high resolution photos or to arrange an interview with Harris Ranch Beef, please contact Tyffani Peters at Tyffani@marketingplus.tv or 707-318-2726.



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