

Tracye's Tail Gate T-Bone

INGREDIENTS

- 2 (1 1/2-inch-thick) T-bone steaks (3 pounds total), flaps cut off if necessary, at room temperature 30 minutes.
- 1 1/2 to 2 teaspoons fine Kosher salt.
- 1 teaspoon coarsely ground black pepper.

Special Equipment

- an instant-read thermometer

INSTRUCTIONS

1. Prepare grill for cooking over medium-hot charcoal (moderate heat for gas). (If using a charcoal grill, open vents on bottom of grill, then light charcoal. When Charcoal turns grayish white (about 15 minutes from lighting), hold your hand 5 inches above grill rack to determine heat for charcoal as follows: **Hot:** When you can hold your hand there for 1 to 2 seconds; **Medium-hot:** 3 to 4 seconds; **Low:** 5 to 6 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then, if necessary, reduce to heat specified in recipe.)
2. Pat steaks dry and sprinkle all over with Kosher salt and pepper. Grill steaks on lightly oiled grill rack, covered only if using a gas grill, turning over once, until thermometer inserted horizontally 2 inches into meat (do not touch bone) registers about 120°F for rare. See chart below for your preferred temperature.
3. Transfer steaks to a cutting board and let stand, uncovered, 10 minutes before slicing. (Internal temperature will rise to 125-128°F while steaks stand.)

Rare 120-130°F 2:30 min. Red · **Medium Rare** 130-135°F 3:30 min. Pink ·
Medium 135-145°F 4:30 min. Some Pink · **Medium Well** 145-155°F 5:30 min. Sliver of Light Pink
Well Done 155-165°F 6:30 min. Mostly Brown.
What Have You Done? 165 °F+8 - 10Brown Throughout