

GRILLED STEAK

Yield 100

Portion 1 Steak

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
433 cal	0 g	45 g	27 g	144 mg	101 mg	18 mg

Ingredient

SHORTENING,VEGETABLE,MELTED
BEEF LOIN,STRIP STEAK,BONELESS,RAW,SIRLOIN,LEAN

Weight

14-1/2 oz
47 lbs

Measure

2 cup

Issue**Method**

- 1 Preheat grill; lightly grease with shortening.
- 2 Grill steaks to desired degree of doneness: SIRLOIN: Rare - 6 minutes; Medium - 7-1/2 minutes; Well done - 9-1/2 minutes; RIBEYE: Rare - 3-1/2 minutes; Medium - 4 minutes; Well Done - 5 minutes; STRIP LOIN: Rare - 5 minutes; Medium - 6 minutes; Well done - 7 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

Notes

- 1 Do not hold steaks in ovens, warming cabinets, or on grills after cooking. This will cause steaks to dry out and be tough.
- 2 Steaks may be prepared in convection oven. Arrange in rows 3 by 5 on rack. Place racks on sheet pans. DO NOT TURN STEAKS. Cook in 400 F. oven to desired degree of doneness.