

Grilled T-Bone Steaks with Herbed Compound Butter

Serves: 4

For the Herbed Compound Butter:

½ cup unsalted butter (1 stick), softened to room temperature

1 tablespoon fresh rosemary, finely chopped

1 tablespoon fresh parsley, finely chopped

1 clove garlic, minced or grated

1 teaspoon Dijon mustard

1/8 teaspoon crushed red pepper flakes

¼ teaspoon salt

¼ teaspoon black pepper

For the T-Bone Steaks:

2 T-bone steaks, approximately 1.25 to 1.5 pounds each, room temperature

2 tablespoons olive oil

1 tablespoon kosher salt

½ teaspoon black pepper

Directions:

To make the compound butter, place the ingredients in a small bowl and use the back of a spoon or a rubber spatula to mash the ingredients together until well combined.

Spoon the butter onto a piece of plastic wrap or wax paper. Shape into a log and roll up tightly. Refrigerate for at least 2 hours. The butter can be refrigerated for up to 1 month or frozen for up to 3 months. Slice and serve as desired.

For the steaks:

Remove the steaks from their packaging and place them on a plate or baking sheet. Let rest at room temperature for 30 minutes.

Make sure the grill is clean before using and preheat it over high heat.

Coat each steak with olive oil on all sides. Sprinkle the top and bottom of each steak with the salt and pepper.

Brush the grill plate with vegetable oil to prevent the steaks from sticking to the grates. Place the steaks on the hot grill and cook for 4 to 5 minutes without lifting them. Flip and cook for another 4 to 5 minutes, or until desired temperature is achieved. I highly recommend using a meat thermometer to ensure accuracy.

Remove the steaks from the grill and place them on a cutting board. Place a pat of the compound butter atop each steak, then cover loosely with aluminum foil and let rest for 10 minutes before carving (this prevents the juices from spilling out). Place another slice of the butter on each steak, if desired, then serve and enjoy.