Gallaghers
STEAKHOUSE
NEW YORK

HOW TO GRILL THE PERFECT STEAK

CHILL OUT

Place frozen meat in refrigerator to thaw for up to two days. Remove thawed meat from the refrigerator and let rest at room temperature for at least 30 minutes before cooking.

READY, SET, SEAR!

Pre-heat your Gas or Charcoal Grill: Sear over high heat **each side** for 1 minute with lid closed. Then transfer steak to indirect heat **or** reduce heat to low. Close lid and cook according to the times and temperatures below. Steaks will continue to rise in temperature 5 to 10 degrees while at rest after grilling.

GRILLING TIMES

Times are organized by thickness and temperature for easy grilling. Grill times are suggested guidelines only, actual times may vary depending upon your grill type and temperature.

GIVE IT A REST

Always let steaks rest 5 minutes before slicing.

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FILETS MIGNON & CENTER-CUT RIBEYES

Thickness	Rare (110º – 110º F)	Medium Rare (120º – 130º F)	Medium (130º – 140º F)
1.5"	3 Minutes **Each Side**	3.5 Minutes **Each Side**	4 Minutes **Each Side**
1.75"	3.5 Minutes **Each Side**	4 Minutes **Each Side**	4.5 Minutes **Each Side**
2"	4 Minutes **Each Side**	4.5 Minutes **Each Side**	5 Minutes **Each Side**

SIRLOIN STRIP STEAKS, RIBEYE STEAKS & PORTERHOUSE STEAKS

Thickness	Rare (110º – 110º F)	Medium Rare (120º – 130º F)	Medium (130º – 140º F)
1"	4 Minutes **Each Side**	5 Minutes **Each Side**	6 Minutes **Each Side**
1.25"	4.5 Minutes **Each Side**	5.5 Minutes **Each Side**	6.5 Minutes **Each Side**
1.5"	5 Minutes **Each Side**	6 Minutes **Each Side**	7 Minutes **Each Side**
1.75"	5.5 Minutes **Each Side**	6.5 Minutes **Each Side**	7.5 Minutes **Each Side**
2"	6 Minutes **Each Side**	7 Minutes **Each Side**	8 Minutes **Each Side**