

Triple T Ranch Grill Instructions

You can cook Triple T Ranch Beef just as you cook your normal steaks. You just need to keep two things in mind. Due to the high level of marbling, they can flare up more on an open fire, and with the lower melting point of our fat, they cook quicker.

Keep in mind we are cowboys and not chefs!! This are just some techniques we use at the ranch and seem to work well.

All Times Can vary due to thickness and temperature of cooking device.

We recommend you thaw steaks in the refrigerator. Put steaks in vacuum package in the refrigerator on a plate or in a cake pan. (This is to catch any water or blood that might leak during the thaw process) Do not stack them so they can get airflow around each steak to speed the thawing process. This usually takes around 24 hours.

Once the steaks are thawed and you are ready to cook. Remove the steaks from the vacuum bag and lay them out on a baking sheet or plate.

There are 2 main methods we recommend.

Cook Top & Oven method:

Preheat oven to 425 degrees

Season Steaks. This has many options, but we just like to use Kosher Salt and Black Pepper and maybe a little garlic powder. If you want to get fancier, we feel it takes away from the beef flavor, but you are the cook. You decide.

Put a cast iron skillet on the stove top and lightly coat the bottom with your favorite oil. Butter and or olive oil works well, if you have an oil with a higher smoke point you can use that. (If you don't know what this means you probably don't have oil with a higher smoke point and will be just fine with olive oil) Heat the skillet to a medium high.

Once the steaks are seasoned and the skillet is hot it's time to get EXCITED! Put your Triple T Ranch steak on the skillet. Enjoy that smell !

For Triple T Ranch Strips and Triple T Ranch Ribeye's and any other steak that is about 1-1.5" thick cook them about 1.5 min on each side. For fillets and steaks 2-3" thick do about 2-2.5 min each side. If the steak is shaped like a cube you can even do the sides.

If your cast iron skillet is oven safe you can put it directly into your preheated oven. If it's not just place the steaks on something that is oven safe with sides (we use a cake pan) once you get this method down, you can preheat the pan too.

Now this is the tricky part and if you are like us (spend most of your time doing something other than cooking, you can feel a steak and tell doneness) then keep your watch close by.

For Triple T Ranch Strips and Triple T Ranch Ribeye's and any other steak that is about 1-1.5" thick, cook them about 8 minutes. For fillets and steaks 2-3" thick, cook for about 10-11 min. These times are for medium rare to medium. This is our recommended doneness. If you like more or less just add or subtract a minute or two.

This is the most difficult part to get exactly correct. And since you just purchased a Triple T Ranch steak the best steak money can buy, we hope you get it just right. But the main secret to this method is it's a very controlled environment. If you are using the same stove and oven each time, keep track of how you did it and times of each cooking method along the way. Adjust them if your meat is too done or too rare.

Also, we do recommend you let the steak rest just a bit before you cut into them. I don't have an exact time because this is when I get my plates ready, and if you are a steak junky like us you might even preheat your plates, just be careful they are oven/microwave safe. If we were to give it a time we would say 3-4 min.

Grill method.

You can use a simple gas grill, a very expensive gas grill, charcoals, pellet grill or natural wood grill. We love the natural wood grill and we are cowboys so we should, but of course some people have different opinions. If you are one of those people reading this with a strong opinion of wood or gas, grill it on what you like best.

Preheat the grill to about 400-450. Wow... How do I know how hot that is? Good question because we don't know either. I think it is when you can wave your hand over the grill and it's hot enough to make you want to move your hand, but not so hot your scared to do it a second time. Remember my disclaimer, we're cowboys not chefs!!

Slap those Triple T Ranch Strips and Triple T Ranch Ribeye's on the grill if the steaks are about 1-1.5" thick, cook them about 8-11 minutes. For fillets and steaks 2-3" thick, cook for about 10-11 min. Get the internal temperature to about 150 degrees and you are living the good life!