

Grilled Porterhouse Steaks With Garlic-Herb Peppercorn Crust

A classic steak with a classic rub. You're sure to have a perfectly shareable result.



INGREDIENTS

2 beef Porterhouse Steaks or T-Bone Steaks, cut 1 inch thick
(about 1 pound each)

1 teaspoon coarsely ground mixed peppercorns (black, white, green and pink) - To easily grind whole peppercorns, use a pepper mill or coffee grinder (used only for seasonings). They can also be crushed in a food-safe plastic bag. Place the peppercorns in the bag, squeeze out the air and seal. Use the bottom of a custard cup, rolling pin or side of a heavy pan to crush the peppercorns.

Salt

2 tablespoons chopped fresh parsley

2 tablespoons chopped fresh thyme

5 cloves garlic, minced

2 teaspoons coarsely ground mixed peppercorns (black, white, green and pink)

35 Min

4
Servings

42 Cal

29g
Protein

COOKING

1. Combine seasoning ingredients in small bowl; press evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Remove bones from steaks; carve into slices. Season with 1 teaspoon peppercorns and salt, as desired.

NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein | | |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 4 | | 10g | 61mg | | 2g | 29g | 1 | 0 |

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com