

Foster's Body & Paint

305 East Oak Street, Santa Maria, CA 93454

1-805-922-6191

July, 2010

Grilled T-bone Steaks with BBQ Rub

Ingredients:

Makes 4 servings

-2 well trimmed beef T-bone or Porterhouse steaks, cut 1 inch thick (about 2 to 4 pounds)

BBQ Rub:

- 2 tblspn chili powder
- 2 tblspn packed brown sugar
- 1 tblspn ground cumin
- 2 tsp minced garlic
- 2 tsp cider vinegar
- 1 tsp Worcestershire sauce
- ¼ tsp ground red pepper



Preparations:

- 1.) Combine rub ingredients; press evenly onto beef steaks.
- 2.) Place steak on grid over medium, ash-covered coals. Grill, covered 14 to 16 minutes (over medium heat or preheated gas grill, covered, 15 to 19 minutes) for medium rare (145 degrees) to medium (160 degrees) doneness, turning occasionally. Season with salt, as desired.

Find this recipe and many more at Fostersbodyandpaint.com