

## Sliced Grilled Beef

From Nelson's Kitchen  
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### Ingredients:

- New York Strip Beef (I prefer the ones from CostCo)
- Soy Sauce
- Salt
- Prepared Dijon Mustard
- Freshly Ground Pepper
- Flavourless cooking oil, such as canola oil
- Extra Virgin Olive Oil
- Fresh Basil

### Procedure:

1. **Marinate the Beef (at least one hour before you will BBQ and up to one day ahead.)**
  - Pat each piece of beef dry with paper towels.
  - Sprinkle very lightly with salt on all sides.
  - Rub soy sauce on all sides.
  - Sprinkle with freshly cracked pepper.
  - Spread a coat of prepared Dijon mustard.
  - Let it sit at least one hour (at room temperature) and up to 24 hours (in the refrigerator). If refrigerated, take it out of the fridge a couple of hours before you will cook it in the grill.
2. **BBQing the beef**
  - Get your grill as hot as you can (my gas grill gets to 550F)
  - Brush the grill with a hard grill brush to make sure it is clean
  - Pour a small amount of oil in a small dish, fold a piece of paper towel several times and holding the folded paper towel with kitchen tongs, dip it in the oil and smear all over the grill. Cover the grill to let the oil burn for a minute. Repeat the process three or four times to reduce the stickiness of the grill.
  - Grill the steak, leaving the first side down longer than the second side.
  - As each piece of steak gets done (internal temperature should be between 125F and 130F on an instant-read thermometer), remove it to a covered dish (either a bowl covered with a dinner plate or a heavy saucepan with a lid).
  - Keep the cooked steak covered until it cools enough to handle (20 to 30 minutes). The steak will release a significant amount of juice while it rests. Make sure to preserve the juice.
3. **Slicing the steak to serve**

- Try to select a cutting board from which it is easy to collect the juices to slice the steak. As you slice the steak pour juices back into the container that has the steak.
- Using either a sharp chefs knife or a sharp bread knife, slice the steak very thinly and put back into the pan with the juices as you slice them.
- Add a few table spoons of extra-virgin olive oil to the steak.
- Close to serving time, slice fresh basil leaves very thinly, add to the beef and toss well (best to use hands if making a generous amount of beef).
- Serve at room temperature or still slightly warm.