

# How to Choose the Perfect Steak

by

## Chef Sherise Campbell

With Father's Day quickly approaching most families will be preparing a steak. I am going to help you seek out the perfect cut of beef regardless of how you choose to cook it i.e. stove top, oven, or grill.

The top cuts of steak that most people purchase are a Filet Mignon, Ribeye, Porterhouse, and NY Strip. My personal favorite when I am preparing steak at home is a NY Strip although when I am dining out I always choose a Filet Mignon because I know that even if it is cooked past the temperature that I request it still will be tender.

When choosing a steak look for a happy medium between lean and fatty. Look for a steak that has some fat "marbling" but not too fatty. For example, sometimes a Ribeye steak can be very fatty which lends a more robust flavor but can have the tendency to be a little chewy and have a great deal of shrinkage depending on the doneness that you prefer. Try a Filet if you are looking for tenderness although the flavor will be a little bland because it is lacking fat. A NY Strip would be an ideal selection because it is not too lean nor too fatty and it has a good amount of flavor. I prefer to buy a "Perfect Portion" NY Strip from Wegmans although, now and then I will splurge on a Ribeye bone-in of course or a Porterhouse.

JUST THE RIGHT AMOUNT OF MARBLING



NEXT UP...

HOW TO PREPARE THE PERFECT  
STEAK!

Chef Sherise Campbell