

THE *Dish* .....  
effortless  
ENTERTAINING®

April 24, 2019

*“Everybody says,  
‘I have problems overcooking steak on the grill,’  
but just take it off earlier!”*

BOBBY FLAY

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Dear Friends,

While some may think that grilling a steak is an easy, everyone knows how to do it thing, apparently, it's not. Over and over again, when friends enjoy Ed's Best Rib Eyes, they want to know his secret. What's the secret sauce? How does he cook them to perfection every time? Given that I don't touch our steaks or know how to turn on the grill, I had to go to the expert himself!

Of course, I do have one suggestion. Ed is rolling his eyes and saying, “Of course, she does!” The quality of the beef can make a difference in how tender your steaks will be. We are also reading and following Mark Hyman, head of Functional Medicine at Cleveland Clinic and author of *What the Heck Should I Eat*. He encourages us to eat sustainably farmed beef and after reading the chapter on beef, I get it. While we may not hit the mark every time, we are shooting for it most of the time.

One other little tip ... when the steaks we like are on special, we buy several. Ed preps them and then we put each steak in its own Ziploc freezer bag. We let the steaks sit in the refrigerator overnight before putting them in the freezer. It's great to know we always have a few steaks on hand for those days when time is short. I also keep KW Collard Greens on hand as a side. Hard to beat this combo!

Fire up the grill and enjoy the spring weather with Ed's Best Rib Eyes!

With gratitude,

*Dee Dee*

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# Ed's Best Rib Eyes

SERVES 10

Fire up the grill and enjoy!

## INGREDIENTS

5 boneless rib eyes, 1 inch thick  
1¼ cups Worcestershire sauce  
McCormick's Montreal Steak Seasoning



[Printer-Friendly Recipe](#)

[Read Instructions Here](#)

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## SOURCES & RESOURCES



**KW Collards**  
available here

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## We want to hear from you!

We loved hearing how much you enjoyed Cornelia's Asparagus and Peas with Basil!

[Send us comments and photos!](#)



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DeeDee Dalrymple

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