

Grilled T-Bone Steak for Two

Total Recipe Time: 25 to 50 minutes

- 1 beef T-Bone steak, cut 1 inch thick (about 1 pound)
- 1 teaspoon steak seasoning

Sauces:

Wasabi, Citrus, Coffee and Mole Sauces (recipes follow)



1. Prepare desired Sauce(s); set aside.
2. Press steak seasoning evenly onto beef steak. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 14 to 16 minutes (over medium heat on preheated gas grill, covered, 15 to 19 minutes) for medium-rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Remove bone; carve steak crosswise into slices. Serve with sauce(s).

Mole Sauce (Spring): Combine 1 can (8 ounces) tomato sauce, 1/4 cup water, 1/4 cup raisins, 1 tablespoon unsweetened cocoa powder, 2 teaspoons packed brown sugar, 1 teaspoon minced garlic, 3/4 teaspoon ground ancho chile powder and 1/4 teaspoon salt in small saucepan; bring to a boil. Reduce heat; simmer 10 minutes to blend flavors, stirring occasionally. Carefully pour hot sauce in food processor or blender container. Cover; process 30 seconds or until smooth, adding 1 to 2 tablespoons water to thin sauce, if necessary. Return to saucepan; keep warm until ready to use. **Makes 1 cup**

Lemon-Pesto Sauce (Summer): Combine 3 tablespoons basil pesto sauce, 1 tablespoon fresh lemon juice, 1 teaspoon grated lemon peel and 1/4 teaspoon coarse grind black pepper in small bowl. **Makes 1/4 cup**

Wasabi Sauce (Fall): Combine 3 tablespoons maple syrup, 2 tablespoons reduced-sodium soy sauce, 1-1/2 teaspoons wasabi paste and 1 teaspoon minced fresh ginger in small bowl. **Makes about 1/3 cup**

Coffee Sauce (Winter): Combine 1/2 cup strong brewed coffee, 1-1/2 tablespoons packed brown sugar, 1 tablespoon balsamic vinegar, 1-1/2 teaspoons cornstarch and 1 teaspoon smoked paprika in small saucepan; bring to a boil. Reduce heat; simmer 4 to 5 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in 1 tablespoon butter, 1/4 teaspoon salt and 1/8 teaspoon pepper; keep warm until ready to use. **Makes about 1/2 cup**

Makes 2 servings

Cook's Tip: To broil, place steak on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 15 to 20 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

Cook's Tip: Any leftover sauce(s) may be refrigerated and reserved for another use.

Cook's Tip: One and one-half teaspoons wasabi powder combined with 1-1/2 teaspoons water may be substituted for wasabi paste. Combine powder and water separately before adding to remaining sauce ingredients.

Nutrition information per serving, using mole sauce (spring): 338 calories; 11 g fat (4 g saturated fat; 5 g monounsaturated fat); 61 mg cholesterol; 1312 mg sodium; 28 g carbohydrate; 3.5 g fiber; 31 g protein; 6.1 mg niacin; 0.5 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 6.0 mg iron; 11.3 mcg selenium; 5.8 mg zinc; 11.7 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron and zinc; and a good source of fiber and selenium.

Nutrition information per serving, using lemon-pesto sauce (summer): 331 calories; 21 g fat (6 g saturated fat; 5 g monounsaturated fat); 68 mg cholesterol; 622 mg sodium; 3 g carbohydrate; 1.0 g fiber; 31 g protein; 4.9 mg niacin; 0.4 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 4.6 mg iron; 10.7 mcg selenium; 5.4 mg zinc; 0.5 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron and zinc; and a good source of selenium.

Nutrition information per serving, using wasabi sauce (fall): 315 calories; 10 g fat (4 g saturated fat; 5 g monounsaturated fat); 61 mg cholesterol; 1099 mg sodium; 23 g carbohydrate; 0.0 g fiber; 30 g protein; 4.9 mg niacin; 0.4 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 4.3 mg iron; 10.8 mcg selenium; 6.7 mg zinc; 0.8 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron and zinc; and a good source of selenium.

Nutrition information per serving, using coffee sauce (winter): 324 calories; 16 g fat (7 g saturated fat; 6 g monounsaturated fat); 76 mg cholesterol; 718 mg sodium; 14 g carbohydrate; 0.4 g fiber; 29 g protein; 5.2 mg niacin; 0.5 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 4.3 mg iron; 10.9 mcg selenium; 5.5 mg zinc; 3.7 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron and zinc; and a good source of selenium.

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