



Westinghouse

Grilled Sirloin Steaks and Grilled Asparagus with Balsamic Drizzle Serves 2

Ingredients

- 2 – 8oz or larger Sirloin Steaks
- 1 tsp Sea Salt
- 1 tsp fresh ground black pepper
- ½ lb fresh asparagus stems, washed with bottoms trimmed 1 inch

Directions

1. Preheat your Westinghouse Searing Grill and Griddle with the grill plate side up and on the searing setting.
2. In the meantime, season both sides of your steaks and the asparagus with the salt and pepper.
3. When the ready light comes on, place you steaks and asparagus on the grill and close the grill.
4. Cook for 5-7 minutes or until your preferred degree of doneness. Check by inserting a temperature probe into the center of the meat. (See meat chart doneness chart for definitions).
5. When finished, remove the steaks and asparagus and place on your plates.
6. Using a spoon gently drizzle the balsamic drizzle over your asparagus and serve.



Meat Doneness

The best way of determining the doneness is to test the internal temperature with an instant read thermometer inserted into the center of the meat at a 45 degree angle to the flat surface. This will ensure a correct reading of the internal temperature

Black and Blue



Internal Temperature 100 ° F
Black and Blue---Seared black on outside, ice cold raw center and will be slippery soft in texture.

Very Rare



Internal Temperature 100 ° F
Very Rare---Hot on the outside, raw on the inside and will be sort of wobbly.

Rare



Internal Temperature 120 ° F
Rare---Red cool to warm center and will be soft and spongy.

Medium Rare



Internal Temperature 126 ° F
Medium Rare---Red warm center and will have a springy firmness.

Medium



Internal Temperature 135 ° F
Medium---Hot pink center and will have a less springy firmness than medium rare.

Medium Well



Internal Temperature 145 ° F
Medium Well---Slight color, cooked throughout and will feel firm.

Well Done



Internal Temperature 160 ° F
Well Done---No color Left and will feel very firm and unyielding.



Westinghouse

Balsamic Drizzle

Ingredients

1/4 cup balsamic vinegar

Directions

1. Place balsamic vinegar into a small sauce pan over medium heat.
2. Bring to a boil, reduce heat to low and simmer until the liquid reduces to a thick sauce; approximately 20 – 30 minutes.
3. Remove from stove and let cool. Place in a small covered container for storage after use.