

# McGonigle's Market

888-783-5840

**Enjoy great steaks every time!**

You were sent a really good piece of meat. Your job is to not screw it up! Our suggestions for cooking will make you seem a genius.

- ❖ **A NICE HOT FIRE**--Always start with a good HOT fire. This will sear in the flavor and natural juices. It can be charcoal, gas, a broiler or a skillet, but start hot. When using charcoal allow the flaming period to pass and use the hot glowing coals. Every grill is a little different, but generally 4-6 minutes on each side will produce a beautiful medium rare steak. Never use a fork or anything that will pierce the steak and allow the juices to run out.
- ❖ **SEASONING OR MARINADE?**—In our taste tests at McGonigle's we have found that our quality cuts of steak certainly do not need to be marinated for tenderness. It simply becomes a matter of taste. Just keep in mind that your goal is to enhance the steak flavor, not mask it. My favorite options are a dry steak seasoning or for the purist, just salt and pepper. Some studies even show that no seasoning at all actually produces the best beef flavor. You will find in our catalog that we offer a selection of three of our favorite dry seasonings.
- ❖ **STEAK SAUCE?**—According to our founder, Bill McGonigle, you should never ruin a good steak with steak sauce. Try it pure and simple. We think you will love it. If you prefer sauce, try to stick with complimentary flavors that allow you to taste the rich goodness of a fine aged steak.

However you enjoy or share our steaks, we are delighted that you will know now why Kansas City has made McGonigle's the leader in fine steaks in a city famous for steaks.

**For other recipes, consult our website: [www.mcgonigles.com](http://www.mcgonigles.com)**