

**Mushroom Rubbed Steak**

* 3- 1 1/2- 2 pound thick steaks (I like the bone in)
* 1/4 of red cooking wine (splash)

**RUB:**

* 1/3 cup brown sugar
* 1/2 cup dried ground Shiitake mushrooms..(dried 7 mushrooms)
* 1 teaspoon cumin

**How to cook a Rib Eye Steak**

1. The night before generously salt the steaks leave uncovered in the refrigerator
2. Steak with dry rub
3. 1/2 hour before cooking remove from the cold plate and put rub on steak both sides and push it in
4. Allow the steaks to come to room temp w/ rub before placing on grill
5. Turn on Grill on high
6. Before placing steaks on the grill splash on Red wine vinegar on up side
7. Place on grill
8. 3 min high - 4 min med each side (Thick steaks close the grill.)
9. Allow the steaks to rest 15 min before eating

From blog post : http://www.superexhausted.com/2013/08/how-to-cook-steak/ ‎