

Grilled Chuck Eye

Chuck Eye Tender steaks are an alternative cut of meat that are as close to a prime cut as can be found. During butchering chuck primal is separated from the rib primal, at the junction there is a portion of the prime rib that tapers off in the chuck primal. This is known as the Chuck Eye Tender. There are about 4 steaks in this little muscle. Often they are offered at a price several dollars less than that of Ribeye Steak. I think they are best when they are grilled!



4	medium	chuck eye tender steaks
1	tablespoons	extra virgin olive oil
1	teaspoon	kosher salt
1	teaspoon	ground black pepper

1. Preheat a grill pan or grill to medium high heat.
2. Brush each steak with olive oil and season lightly with salt and pepper. When the grill is hot place the chuck eye tender steaks on the grill and allow to cook, untouched, for 3-4 minutes (depending on the steak's thickness). When the steaks have droplets of moisture, flip and cook an additional 2 minutes on the second side.
3. Place each steak on a plate and spoon a sauce of choice over the steak.