

MEAT IT'S WHAT
MEN EAT!



**The Perfect
Iron Skillet
Ribeye Steak**

**On the Side
Green Beans &
Bacon Bundles**



www.itswhatmeneat.com

from the editor



Welcome to the first issue of a magazine we hope will provide a guide to great tasting ways to cook meat.

As far back as I can remember I have enjoyed being a carnivore. Steaks, burgers, chicken, ribs and sausage. Grilled, fried, smoked and baked. I

like it all, and have spent most of my adult life looking for the best recipes.

Now, I am not alone in this quest. If you are guy, then it's part of your DNA to enjoy the smell of meat cooking over a charcoal fire. Nothing is quite like the feeling of being outside on a summer evening cooking hot dogs or hamburgers. And, this magazine is dedicated to enhancing that tradition.

MEAT: It's what men eat! is unique in the way it is distributed. Part of the collection of Trey Weir Media digital content, this magazine was developed to support one of the greatest institutions for developing leaders in the United States: The Boy Scouts of America.

I wanted a way to help support the Boy Scouts by using compelling content to increase brand awareness of the organization. A magazine for men interested in eating meat seemed to be a great fit.

Help us support the Boy Scouts by becoming an advertiser. We donate a percentage of all advertising proceeds which get distributed to local troops and packs.

In the mean time, enjoy this week's recipes!

Trey Weir, Editor



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The Perfect Iron Skillet Ribeye Steak

It has happened to all of us. Winter is here, bad weather is keeping you from getting to your grill, and you want a steak.

No problem. You can cook a steak in your kitchen that will turn out perfect every time and is easy to fix. In fact, it's the way most high-end steak restaurants prepare them.

Using an iron skillet, an oven, and a great cut of ribeye, you can enjoy a great steak any time of the year.



Here are the tools and ingredients you need!

- Ribeye Steak - 1 1/2 inches thick
- Iron Skillet - make sure it is big enough for your steak
- Steak Seasoning - use salt and pepper if you don't have a favorite
- Oil - high smoking point like Canola
- Tongs
- Timer or Watch
- Oven Mitt
- Tab of Butter
- Aluminum Foil
- Meat Thermometer
- 2 Plates - one for seasoning raw steak and one for resting the steak after cooking

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Step One: Get yourself a good steak

It all starts with a good cut of steak. Get yourself a thick rib-eye from the butcher. There is no substitution for quality.

Make sure the fat is trimmed off the edges.

Step Two: Rub it down with oil and seasoning

Rub the steak down with oil and add your favorite steak seasoning. If you don't have a favorite, use salt and pepper.

Go crazy with the seasoning. You will need it with such a thick steak.

Leave the seasoned steak on the counter for about 15 minutes while you prepare your iron skillet.



Step Three: Get your iron skillet hot

Put a dry iron skillet in an oven set to 500° for five minutes.

Using your oven mitt, move the skillet onto a high heat stove burner for another five minutes.

You are looking to get the skillet "smoking hot".

NOTE: Leave the oven on and set to 500°.

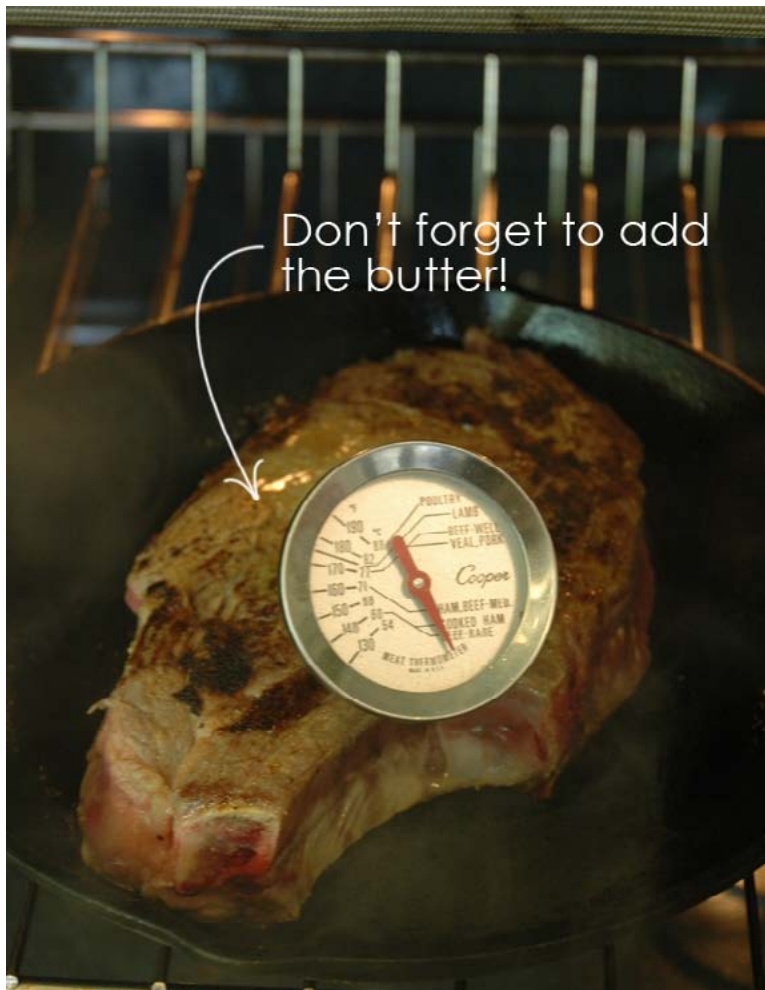


Step Four: Sear both sides of the steak

Place your steak on the dry skillet and don't move it. The intense heat will sear the outside and seal in the juices.

Don't worry about about the smoke, it's normal.

After **30 seconds**, use your tongs to flip the steak over and cook another **30 seconds**.



Step Five: Butter the steak and finish it in the oven

Place the butter on top of the steak and insert the meat thermometer.

Using your oven mitt, move iron skillet into the oven.

After **two minutes**, flip the steak over and cook for another **two minutes**. This will cook the steak to medium rare.

Step Six: Closely watch your thermometer

Using the guide below, remove the skillet when the thermometer reads the lower temperature of your desired doneness. The steak will continue to cook after you remove it from the oven.

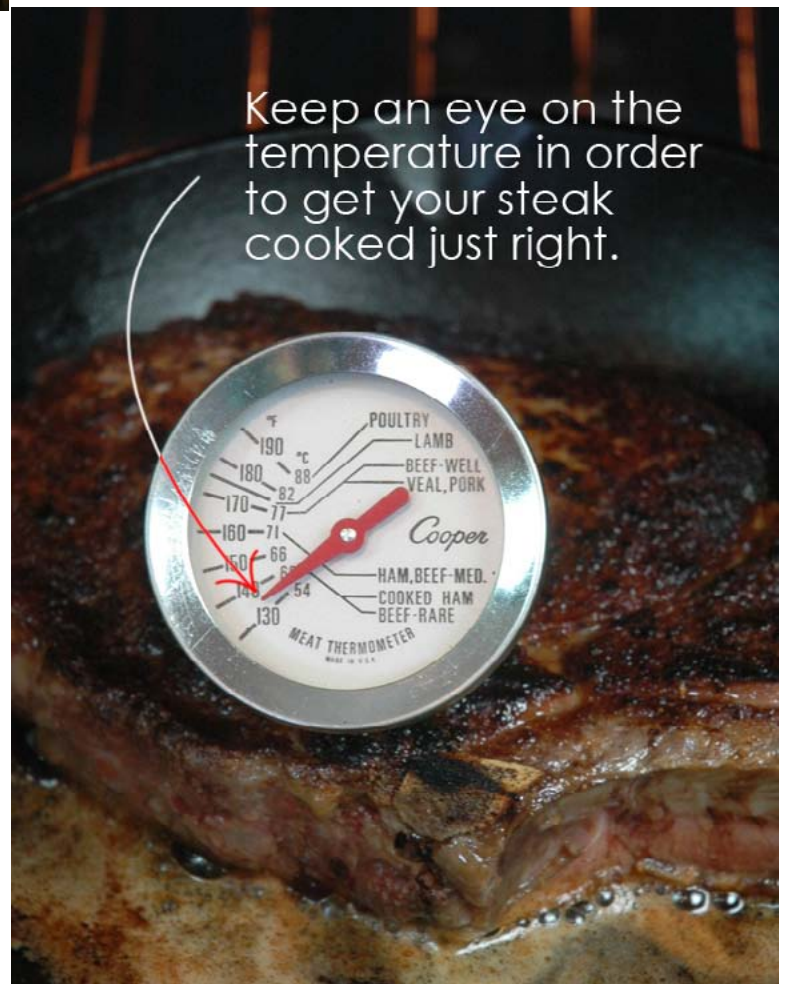
Rare **120-125°**

Medium Rare **130-135°**

Medium **140-145°**

Medium Well **150-155°**

Well Done **160°+**

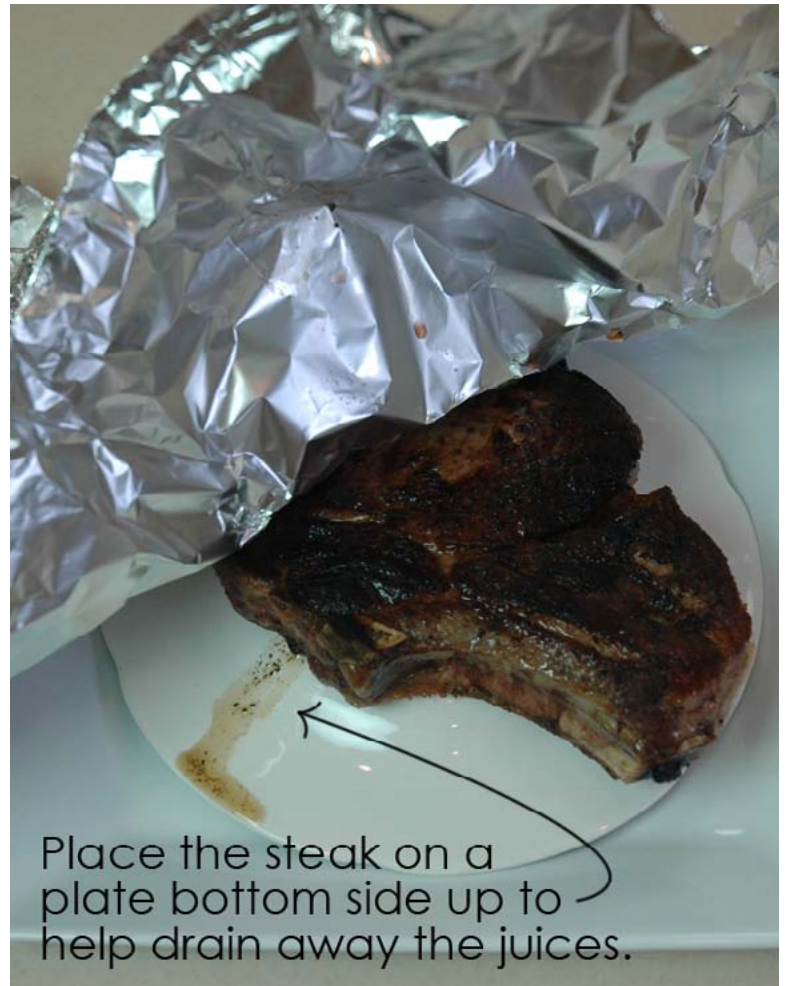


Step Seven: Cover steak with foil and let it rest

After the steak reaches the desired temperature, remove the skillet from oven and place the steak on a plate.

Loosely cover the steak with aluminum foil and let it sit for **five minutes**.

This is a very important step for insuring a juicy steak. So, don't skip it.



Step Eight: Plate your stake with a side dish and ENJOY!





One the Side Green Bean & Bacon Bundles

You probably have heard “*everything tastes better with bacon*”! Well, if that is true, then it will taste even better with butter and brown sugar. This green bean recipe is an ideal compliment to any main course.

It is easy to make and guaranteed to get even the most stubborn, “vegetable-phobic” person to eat their green beans.

Ingredients:

- 3 (14.5 oz) cans whole green beans, drained
- 1/2 cup butter, melted
- 1/2 cup brown sugar
- 1 pound bacon, cut in half

Directions:

1. Preheat oven to 350°. Grease a 9 X 13 inch baking dish.
2. Wrap 7 green beans with bacon and place in prepared dish. Repeat, using all the green beans and bacon.
3. Combine butter with brown sugar. Pour over green bean bundles.
4. Cover with foil and bake for **45 minutes**.



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