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Jump to Recipe Print RecipeOur family loves our George Foreman grill! We use it daily for toasted sandwiches, grilled chicken, and even halloumi! But what we love is grilling steak on it! We all know that steak tastes best on a charcoal grill, but the last thing we want to do during the workweek or in the cold is fire up the grill! So, using our George is the next best thing! The beef tenderloin steak we used in this recipe is perfect for grilling on the George Foreman. It locks all the juices but gives it a nice sear! It is a leaner cut of beef, so having the plate didnt affect the cook. You dont want a dry, chewy steak, so make sure you see how I do it! No time to read the recipe? Pin it to read later In this recipe, I am using beef sirloin, although you can use any cut of steak. You can grill sirloin, rump, orT-bone steak on a George Foreman grill. Just make sure you preheat the grill first. See my steps below for the most flavorful steak you will ever cook inside the house! First I got the beef sirloin steaks out of the fridge and brought them to room temperature. Note: You need to know how to know if steak is bad, so make sure you know the signs to look for. I seasoned the beef tenderloin with flaked sea salt, rubbed it with olive oil, and left it to sit for 10-15 minutes. If you want a smoky flavor you can also try adding some liquid smoke, it can give you that authentic grill flavor. Now, the George Foreman is almost foolproof. No charcoal is lit, and no plates need to be greased. You plug it in and let it heat up. I give it about 10 minutes to ensure its hot. Ensure you also have the drip pan in the correct position before the grill. Once heated, I place the steaks on the George Foreman for 5 minutes with the lid closed. Are you unsure how long to cook your steak? The George Foreman grill times chart will help you cook your food to perfection. After 5 minutes, I removed the steak from the grill. Then, I allow them to rest for 10 minutes to redistribute the juices. Then we served them with homemade fries, my homemade baked beans, and salad! Now, this is where George shines (literally)! I dont need to get out the grill brush and scrub away! All I need to do is remove the plates and either throw them in the dishwasher or give them a quick wipe. If you want to add more flavor to steak, create a marinade. I always try to do this the night before I cook, or at least 6 hours before. There are hundreds of different marinades, but my flavor is fundamental. I like to use soy sauce, garlic, red wine vinegar, lemon juice, olive oil, salt, and pepper. Not only do they have a great flavor, but they also help totenderize your meat.You can buy a shop-bought one, but they are so simple to make yourself (plus you know exactly whats in it!). The George Foreman does have two plates. When I grill, I close it, which means you get direct heat on both sides, so there is no need to flip your steak. For a medium-rare steak, I recommend cooking for 5-7 minutes and 7-10 minutes for medium to well done. Timing can also depend on how long you let it heat up. The first few times you grill steaks with your George Foreman, pay close attention to your timings. Then, you will know exactly how long to cook your steak. For my George Foreman, getting a perfect medium-rare takes about 5 minutes with the lid down. My steak has a juicy pink center and a nice sear on the outside. If you want authentic charcoal or smoky flavor, you can add liquid smoke or smoked paprika. I just put these flavors in my marinade. Just remember that they are both strong flavors, so add only a little bit. If you want to smoke your sirloin on a smoker, follow this recipe. Did you try this recipe? Have you made this delicious recipe and loved it? I would love it if you took a minute to leave a star rating and review. It is also helpful if you made any substitutions or changes to the recipe to share that; thank you! Please also pin the image below, then you can find the recipe for the next time you want to cook. Do you want to learn the secret to cooking the perfect steak every time? Look no further than your own kitchen and your George Foreman Grill! This innovative appliance may be known for its healthy grilling capabilities, but it also excels at creating restaurant-worthy steaks in the comfort of your own home. Whether you prefer a juicy medium-rare or a well-done char, we will guide you through the process of cooking a mouthwatering steak on your George Foreman Grill, leaving you with a delicious meal that will impress even the pickiest eaters.CharacteristicsValuesType of SteakTenderloin, ribeye, strip, flank, sirloinSeasoningSalt, pepper, garlic powder, steak rubMarinating Time30 minutes to 24 hoursGrilling TemperatureHigh (400-450F)Preheating Time10-15 minutesCooking Time (per side)4-6 minutes for medium-rare, 6-8 minutes for medium, 8-10 minutes for medium-wellResting Time5-10 minutesInternal Temperature130-135F for medium-rare, 135-145F for medium, 145-155F for medium-wellDoneness TestFinger test or meat thermometerGrill MarksYes, cross-hatch patternOil or ButterOptional, for added flavorSearingOptional, for a crusty exteriorBastingOptional, with butter or marinadeServing SuggestionsLettuce wedge salad, mashed potatoes, grilled vegetablesWhat temperature should the George Foreman grill be set at to cook steak?Steak lovers often turn to their trusty George Foreman grill when wanting to quickly and easily cook a delicious steak at home. However, there's always the question of what temperature to set the grill at to achieve the desired doneness. Cooking steak on a George Foreman grill involves a delicate balance of time and heat to ensure a juicy and flavorful steak.In general, it is recommended to preheat the George Foreman grill to a temperature of around 400 degrees Fahrenheit. This temperature allows for even cooking and creates a nice sear on the outside of the steak, locking in the juices and flavors. However, it's important to note that this is not a definitive temperature, and variations may occur based on personal preference and the thickness of the steak.To determine the doneness of a steak on a George Foreman grill, it's essential to use a meat thermometer. This tool allows you to accurately measure the internal temperature of the steak and determine if it has reached the desired doneness. The recommended internal temperatures for steak are as follows:Rare: 125-130 degrees FahrenheitMedium Rare: 130-135 degrees FahrenheitMedium: 135-145 degrees FahrenheitMedium Well: 145-155 degrees FahrenheitWell Done: 155 degrees Fahrenheit and aboveOnce the grill is preheated, you can proceed to cook the steak. Depending on the thickness of the steak, the cooking time may vary. As a general rule of thumb, you can cook a 1-inch thick steak for about 4-5 minutes on each side for medium doneness. For a thicker steak, you may need to adjust the cooking time accordingly.It's important to note that the cooking time and internal temperature are just guidelines, and personal preference plays a significant role in determining the perfect doneness for your steak. Some individuals may prefer a more rare steak, while others may prefer it well done. Experimenting with different cooking times and temperatures will allow you to find the perfect balance for your taste buds.In addition to the temperature and cooking time, there are a few additional tips to keep in mind when cooking steak on a George Foreman grill. Firstly, make sure to lightly brush the grill plates with oil before cooking to prevent the steak from sticking. Secondly, avoid pressing down on the steak while cooking, as this can cause the juices to escape, resulting in a dry and less flavorful steak.To further enhance the flavor of the steak, you can also marinate it before grilling. Marinating the steak not only adds additional flavor but also helps tenderize the meat, making it more juicy and succulent. There are numerous marinade recipes available that cater to different flavor preferences, such as garlic and herb, teriyaki, or spicy rubs.In conclusion, when cooking steak on a George Foreman grill, it's recommended to preheat the grill to around 400 degrees Fahrenheit. However, the internal temperature of the steak is the most reliable indicator of doneness. Use a meat thermometer to ensure the steak reaches the desired internal temperature. Experiment with different cooking times and temperatures to find the perfect balance for your personal preference. Follow these tips for a delicious and juicy steak every time.How long should I cook a steak on a George Foreman grill to achieve a medium rare doneness?When it comes to cooking a steak on a George Foreman grill, there are a few key factors to consider in order to achieve the perfect medium rare doneness. While cooking times can vary depending on the thickness of the steak and personal preference, following a few general guidelines will help you achieve the desired result.The first step to cooking a steak on a George Foreman grill is to preheat the grill. This is important as it ensures that the steak cooks evenly and seals in all the delicious flavors. Preheat the grill on high heat for about 5 minutes or until it reaches the desired temperature.Next, season your steak with salt and pepper or any other desired seasonings. This will enhance the flavor of the steak during cooking. It's important to note that seasoning should be kept simple to allow the natural flavors of the steak to shine through.Once the grill is preheated and the steak is seasoned, it's time to cook! For a medium rare doneness, it is generally recommended to cook a steak on a George Foreman grill for about 4-5 minutes per 1-inch thickness. However, this is just a guideline and the best way to determine the doneness of the steak is to use a meat thermometer.Insert the meat thermometer into the thickest part of the steak and cook until the internal temperature reaches about 130F to 135F (54C to 57C) for medium rare. Keep in mind that the temperature will continue to rise after the steak is removed from the grill, so it's important to account for this during cooking.Another method to determine the doneness of the steak is by using the finger test. This involves pressing the steak with your finger and comparing the resistance to the touch with different parts of your hand. A medium rare steak will have a slight give when pressed with your finger and feel slightly firm yet still springy.It's essential to let the steak rest for a few minutes after cooking to allow the juices to redistribute and the steak to continue cooking slightly. This will result in a more tender and flavorful steak.To achieve a restaurant-quality sear on your steak, you can also consider searing it on high heat for a minute or two before transferring it to the George Foreman grill. This will help create those beautiful grill marks and enhance the overall flavor and appearance of the steak.In conclusion, cooking a steak on a George Foreman grill to achieve a medium rare doneness requires preheating the grill, seasoning the steak, and cooking for approximately 4-5 minutes per 1-inch thickness. However, it's always recommended to use a meat thermometer or the finger test to ensure the desired doneness is achieved. By following these steps and guidelines, you can enjoy a perfectly cooked medium rare steak every time.Should I marinate the steak before cooking it on a George Foreman grill, and if so, for how long?When it comes to cooking steak on a George Foreman grill, marinating can be a great way to add flavor and tenderness to the meat. While not necessary, marinating the steak can enhance the overall taste and juiciness of your grilled steak. In this article, we will explore the benefits of marinating and provide you with some tips on how to marinate your steak before cooking it on a George Foreman grill.Marinating steak before cooking it can help tenderize the meat and add flavor to the steak. The acidic nature of the marinade can break down the proteins in the meat, resulting in a more tender and juicy steak. Additionally, the marinade can infuse the meat with various flavors, spices, and herbs, enhancing the overall taste profile of the steak.To marinate your steak properly, there are a few important steps to follow. First, choose a marinade that suits your taste preferences. You can opt for a pre-made marinade from the store or create your own using ingredients like soy sauce, Worcestershire sauce, garlic, herbs, and spices. You can also add a bit of acid, such as lemon juice or vinegar, to help tenderize the meat.Once you have chosen your marinade, place the steak in a shallow dish or Ziploc bag and pour the marinade over it. Make sure the steak is fully submerged in the marinade, allowing it to soak up all the flavors. Seal the bag or cover the dish with plastic wrap and place it in the refrigerator. The length of time you should marinate the steak will depend on the thickness and type of steak you are using. As a general rule of thumb, marinating the steak for at least 30 minutes to overnight is recommended.Thicker cuts of steak, such as ribeye or sirloin, can benefit from a longer marinating time. For example, if you are grilling a thick ribeye steak, marinating it overnight can help to tenderize the meat and intensify the flavor. On the other hand, thinner cuts like flank or skirt steak only require a shorter marinating time, such as 30 minutes to an hour, to achieve the desired results.While marinating can enhance the flavor and tenderness of your steak, it is important not to over-marinate the meat. Over-marinating can result in a mushy texture and can overpower the natural flavor of the steak. It is also essential to ensure that the marinade does not contain excessive amounts of salt, as this can draw out the moisture from the steak, making it dry.Once the steak has finished marinating, it is time to cook it on the George Foreman grill. Preheat the grill to the desired temperature, usually around 400F. Remove the steak from the marinade and pat it dry with a paper towel to remove any excess marinade. Place the steak on the preheated grill and cook it for the recommended amount of time for your desired doneness. Remember to flip the steak halfway through the cooking process to ensure even cooking.In conclusion, marinating the steak before cooking it on a George Foreman grill can greatly enhance the flavor and tenderness of the meat. Choose a marinade that suits your taste preferences and allow the steak to marinate for at least 30 minutes to overnight, depending on the thickness of the steak. Avoid over-marinating and ensure that the marinade does not contain excessive amounts of salt. With the right marinating technique and careful cooking, you can enjoy a delicious and juicy steak cooked on your George Foreman grill.Can I grill a thick-cut steak on a George Foreman grill, or is it better suited for thinner cuts?Grilling a thick-cut steak on a George Foreman grill may not be the best option, as the grill is better suited for thinner cuts. The George Foreman grill is designed to cook food quickly and evenly on both sides, thanks to its innovative design that allows for simultaneous cooking on top and bottom surfaces. While it can certainly handle thinner cuts of meat with ease, cooking a thick-cut steak on a George Foreman grill may not yield the desired results.When it comes to grilling thick-cut steaks, such as ribeye or T-bone, it is generally recommended to use a traditional outdoor grill or a stovetop grill pan. These methods provide more control over the cooking process and allow for the development of a desirable sear on the steak. Additionally, thin cuts of steak tend to cook faster and can benefit from the quick and even cooking provided by the George Foreman grill.To understand why the George Foreman grill may not be the best choice for thick-cut steaks, it's important to consider the cooking process. The grill's design relies on direct contact with the cooking plates, which can affect the cooking time and overall result. Thick steaks usually require longer cooking times to reach the desired level of doneness. This extended cooking time on the George Foreman grill may lead to overcooked exteriors while the center remains underdone.Another factor to consider is the grill's ability to produce a sear. The George Foreman grill is not specifically designed to provide the high temperatures required for a restaurant-quality sear. The lack of direct flame or intense heat source can result in a less pronounced sear on the steak's surface. For many steak enthusiasts, achieving a delicious crusty exterior is an essential component of a perfectly cooked steak.However, if you are set on using a George Foreman grill for your thick-cut steak, you can follow these steps to maximize your chances of a successful outcome:Preheat the grill: Make sure your George Foreman grill is preheated to its highest setting. This will help compensate for the longer cooking time required for thick cuts.Adjust cooking time: Since the George Foreman grill is not ideal for thick steaks, you will need to adjust the cooking time accordingly. Start by cooking the steak for a shorter period, such as 2-3 minutes per side, and then increase the cooking time in increments of 1 minute until the desired doneness is achieved.Use a meat thermometer: To ensure your steak reaches the optimal internal temperature, consider using a meat thermometer. The USDA recommends cooking steaks to an internal temperature of 145F (63C) for medium-rare and 160F (71C) for medium.Rest the steak: After grilling, allow the steak to rest for a few minutes to ensure the juices redistribute throughout the meat. This will result in a juicier and more flavorful final product.While grilling a thick-cut steak on a George Foreman grill may not yield the same results as a traditional grill or grill pan, it is still possible to cook a decent steak using this countertop appliance. However, for a truly exceptional thick-cut steak, it is worth considering alternative cooking methods that provide more control and a higher likelihood of achieving that perfect sear.What safety precautions should I take when using a George Foreman grill to cook steak?Using a George Foreman grill to cook steak can be a convenient and efficient way to prepare a delicious meal. However, it's important to take certain safety precautions to ensure that you cook your steak safely and avoid any potential accidents. In this article, we will discuss some of the most important safety measures you should keep in mind while using a George Foreman grill.Read the Instruction Manual: Before using your George Foreman grill, make sure to read the instruction manual thoroughly. This will provide you with important safety information specific to your model. It will also help you understand how to properly operate and maintain your grill.Set Up in a Safe Location: Ensure that your grill is set up in a safe and well-ventilated area. Place it on a stable, flat surface, away from any flammable materials, such as curtains or paper towels. Keep children and pets at a safe distance from the grill to avoid any accidents.Preheat the Grill: Before cooking your steak, always preheat your George Foreman grill according to the manufacturer's instructions. This will ensure that the surface reaches the appropriate cooking temperature and helps to kill any bacteria or pathogens on the grill.Use Proper Utensils: When handling the steak on the grill, use long-handled tongs or a spatula to flip and remove it. This will prevent any burns or accidents caused by direct contact with hot surfaces. Avoid using metal utensils that can scratch the grill's non-stick coating, as this can decrease its lifespan and potentially contaminate your food.Keep an Eye on the Grease Tray: George Foreman grills come with a removable grease tray, which collects excess fats and juices as you cook. It's essential to monitor the grease tray while cooking steak to prevent a build-up of grease that could potentially cause a fire. Empty and clean the grease tray after each use, following the manufacturer's instructions.Use Proper Handling Techniques: When removing the steak from the grill, use oven mitts or heat-resistant gloves to protect your hands from the hot surfaces. Place the cooked steak on a clean plate or cutting board and let it rest for a few minutes before serving. Always use proper food safety practices, such as washing your hands before and after handling raw meat, to prevent cross-contamination.Clean the Grill Properly: Regularly clean your George Foreman grill to prevent any build-up of grease or food particles, which can lead to a fire hazard or affect the taste of your steak. Follow the manufacturer's recommendations for cleaning and maintenance, and never immerse the grill in water or other liquids.In conclusion, using a George Foreman grill to cook steak can be a safe and convenient option, as long as you take the necessary safety precautions. By following the above guidelines, reading the instruction manual, and using proper handling techniques, you can enjoy a delicious and worry-free steak dinner. Remember, safety should always be your priority when cooking on any type of grill.Frequently asked questions The cooking time for a steak on a George Foreman grill will depend on the thickness of the steak and the desired level of doneness. As a general guideline, a 1-inch thick steak will take about 4-6 minutes for medium-rare, 6-8 minutes for medium, and 8-10 minutes for well done. Yes, it is recommended to preheat the George Foreman grill before cooking steak. Preheating the grill ensures that it reaches the desired temperature and helps to sear the steak quickly, locking in the juices and creating a delicious crust. It is not necessary to oil the George Foreman grill before cooking steak, as the grill surface is non-stick. However, if you prefer to use oil for added flavor or to prevent sticking, you can lightly brush the grill plates with oil before preheating. The best way to determine the doneness of a steak on a George Foreman grill is by using an instant-read meat thermometer. For medium-rare, the internal temperature should be around 135F (57C), medium should be around 145F (63C), and well done should be around 160F (71C). If you do not have a thermometer, you can also use the touch method: a rare steak will feel soft and squishy, medium will have a slight resistance, and well done will feel firm to the touch. Mastering the Perfect Steak on a George Foreman GrillSteak lovers, rejoice! Cooking a mouthwatering steak on a George Foreman Grill is easier than you might think. Whether youre a novice in the kitchen or a seasoned chef, this handy kitchen appliance will help you achieve a perfectly grilled steak every time. In this guide, we will walk you through the steps to master the art of cooking a steak on a George Foreman Grill.1. Choosing the Right Cut of SteakThe first step to cooking a delicious steak is choosing the right cut. Some of the best cuts for grilling on a George Foreman Grill include ribeye, sirloin, and filet mignon. These cuts are known for their tenderness and rich flavor. Make sure to select steaks that are about 1 inch thick for optimal results.Pro Tip: Look for steaks with good marbling throughout. The marbling adds flavor and keeps the steak juicy during cooking.2. Preparing the SteakBefore grilling your steak, its essential to season it well. Start by patting the steak dry with a paper towel to remove any excess moisture. This will help achieve a nice sear on the grill. Season both sides of the steak generously with kosher salt and freshly ground black pepper. For an extra kick of flavor, you can also add your favorite steak seasoning or spices.3. Preheating the George Foreman GrillPreheating your George Foreman Grill is crucial for even cooking and achieving those beautiful grill marks. Plug in the grill and close the lid. Set the temperature to high and let it preheat for at least 5 minutes.4. Grilling the SteakOnce the grill is preheated, its time to cook your steak. Open the grill and place the seasoned steak on the hot grill plates. Be careful not to overcrowd the grill, as this can lead to uneven cooking. Close the lid and let the steak cook for about 4-5 minutes for medium-rare, flipping it once halfway through.5. Checking for Desired DonenessTo ensure your steak is cooked to your desired level of doneness, you can use a meat thermometer. Here are the approximate internal temperatures for different levels of doneness:Rare: 125F (51C)Medium-rare: 135F (57C)Medium: 145F (63C)Medium-well: 155F (68C)Well done: 160F (71C) and aboveInsert the meat thermometer into the thickest part of the steak to get an accurate reading.6. Resting and Serving the SteakAfter removing the steak from the grill, let it rest for a few minutes to allow the juices to redistribute. Tent it loosely with aluminum foil to keep it warm. During this time, the internal temperature of the steak will continue to rise slightly. Once it has rested, slice the steak against the grain and serve it hot.Now that you have mastered the art of cooking a steak on a George Foreman Grill, you can impress your family and friends with your grilling skills. Experiment with different cuts of steak, marinades, and seasonings to create your signature steak masterpiece. Happy grilling!Now that you've mastered cooking steak on a George Foreman Grill, why not test your skills with a variety of delicious recipes? From the robust flavors of a Classic Grilled Ribeye Steak to the zesty kick of Spicy Cajun Ribeye Steak, there's a dish for every palate. For those seeking something a bit exotic, the Korean BBQ Steak offers a delightful blend of sweet and savoury, ideal for impressing guests. Additionally, the Grilled Steak Tacos with Avocado Salsa provides a fresh, Mexican-inspired option that's perfect for casual dining. I recommend starting with these recipes to fully utilize your new grilling techniques and to add some versatility to your culinary repertoire. Share your tips and techniques for cooking the perfect steak on a George Foreman Grill in the Cooking Techniques forum section.What type of steak is best for cooking on a George Foreman Grill?Any type of steak can be cooked on a George Foreman Grill, but cuts like ribeye, sirloin, or New York strip are ideal choices. These cuts are tender and have enough marbling to ensure a juicy and flavorful steak.How long should I cook a steak on a George Foreman Grill?The cooking time will vary depending on the thickness and desired doneness of the steak. As a general guideline, for a medium-rare steak, cook it for about 4-5 minutes. Remember to preheat the grill before placing the steak on it.Should I marinate my steak before cooking it on the George Foreman Grill?Marinating the steak before cooking is entirely up to your preferences. While marinating can add additional flavor and tenderness to the steak, it is not necessary. The George Foreman Grill can still produce a delicious steak without marinating.Do I need to oil the grill before cooking a steak?No, you dont need to oil the George Foreman Grill before cooking a steak. The grills non-stick surface eliminates the need for additional oil. However, you can brush a small amount of oil on the steak itself for seasoning and to prevent sticking.How can I ensure a juicy and tender steak on a George Foreman Grill?To ensure a juicy and tender steak on a George Foreman Grill, let the meat rest at room temperature for about 30 minutes before cooking. Additionally, avoid pressing down on the steak while its cooking, as this can squeeze out the natural juices.Can I cook a well-done steak on a George Foreman Grill?Yes, you can cook a well-done steak on a George Foreman Grill. Extend the cooking time to around 6-7 minutes for a well-done result. However, be cautious as overcooking can potentially make the steak less tender and dry.Grilling a juicy and flavorful sirloin steak on a George Foreman grill is a culinary art that requires precision and attention to detail. This comprehensive guide will provide you with step-by-step instructions, tips, and techniques to master the art of cooking sirloin steak on this versatile appliance.Selecting the Perfect Sirloin SteakThe quality of the steak directly influences the final result. Look for well-marbled sirloin steaks with a bright red color and a slight fat cap. The marbling, which is the distribution of fat throughout the meat, adds flavor and tenderness.Preparing the SteakBefore grilling, its essential to prepare the steak properly. Remove it from the refrigerator 30 minutes before cooking to bring it to room temperature. This allows the steak to cook more evenly. Pat the steak dry with paper towels to remove excess moisture. Season generously with salt and pepper, or your desired spices.Preheat the George Foreman grill to the desired temperature. For sirloin steak, a medium-high heat setting (400-450F) is recommended. This temperature provides a nice sear on the outside while cooking the steak to a juicy and tender interior.Place the seasoned steak on the preheated grill. Grill for 4-6 minutes per side for a medium-rare steak, 6-8 minutes per side for a medium steak, or 8-10 minutes per side for a medium-well steak. Use a meat thermometer to check the internal temperature. For medium-rare, aim for 130-135F; for medium, 135-140F; and for medium-well, 140-145F.Resting the SteakOnce the steak is grilled to the desired doneness, remove it from the grill and let it rest for 5-10 minutes before slicing and serving. This allows the juices to redistribute throughout the meat, resulting in a more tender and flavorful steak.Slice the steak against the grain to enhance tenderness. Serve immediately with your favorite sides, such as grilled vegetables, mashed potatoes, or a simple salad.Tips for Grilling the Perfect Sirloin SteakUse a sharp knife to slice the steak against the grain.Dont overcook the steak, as it will become tough and dry.If the steak is too lean, brush it with olive oil before grilling to prevent it from drying out.Experiment with different marinades or rubs to add extra flavor to the steak.Let the steak rest for at least 5 minutes before slicing and serving to allow the juices to redistribute.With practice and attention to detail, you can master the art of grilling sirloin steak on a George Foreman grill. This versatile appliance can produce restaurant-quality steaks that are juicy, tender, and bursting with flavor. Whether youre a seasoned griller or just starting out, this guide will empower you to create mouthwatering sirloin steaks that will impress your family and friends.Q: How long should I grill a sirloin steak on a George Foreman grill? A: Grill for 4-6 minutes per side for a medium-rare steak, 6-8 minutes per side for a medium steak, or 8-10 minutes per side for a medium-well steak.Q: What is the ideal temperature to grill a sirloin steak? A: A medium-high heat setting (400-450F) is recommended for grilling sirloin steak.Q: How can I make my sirloin steak more flavorful? A: Marinate the steak overnight in your favorite marinade or rub it with spices before grilling.Cooking a delicious ribeye steak can be a challenge, especially when youre using a George Foreman grill. However, with the right techniques and a bit of practice, you can achieve a perfectly cooked steak thats sure to impress your family and friends. In this article, well take a closer look at how to cook a ribeye steak on your George Foreman grill, including the benefits of using this type of grill, the different levels of doneness, and some tips for achieving the perfect cook.Benefits of Using a George Foreman GrillA George Foreman grill is a great way to cook a ribeye steak because it allows for even cooking and can help to reduce the amount of fat in your steak. The grills sloping surface helps to drain excess fat away from the steak, resulting in a leaner and healthier meal. Additionally, the George Foreman grill is easy to use and clean, making it a convenient option for busy home cooks.How to Choose the Right Ribeye SteakBefore you start cooking, its essential to choose the right ribeye steak. Look for a steak thats at least 1-1.5 inches thick and has a good balance of marbling (fat distribution) throughout. The marbling will help to keep the steak moist and flavorful during cooking. You can choose either a boneless or bone-in ribeye steak, depending on your personal preference.Understanding the Different Levels of DonenessOne of the most critical factors in cooking a perfect ribeye steak is achieving the right level of doneness. The different levels of doneness are:Rare: 120-130F (49-54C)Medium-rare: 130-135F (54-57C)Medium: 140-145F (60-63C)Medium-well: 150-155F (66-68C)Well-done: 160-170F (71-77C)Its essential to use a meat thermometer to ensure that your steak is cooked to a safe internal temperature.Preparing Your Ribeye Steak for CookingBefore cooking your ribeye steak, make sure to bring it to room temperature. This will help the steak cook more evenly and prevent it from cooking too quickly on the outside. Remove the steak from the refrigerator and let it sit at room temperature for about 30-45 minutes.Next, season the steak with your desired seasonings. You can use a simple seasoning blend of salt, pepper, and garlic powder, or get creative with your own seasoning mix. Make sure to coat the steak evenly with the seasonings, making sure to cover both sides.Preheating Your George Foreman GrillPreheat your George Foreman grill to the highest heat setting (usually around 400-450F or 200-230C). Make sure to preheat the grill for at least 5-7 minutes to ensure that its hot enough to sear the steak.Adding Oil to the GrillOnce the grill is preheated, add a small amount of oil to the grill plates. You can use any type of oil with a high smoke point, such as avocado oil or grapeseed oil. The oil will help to prevent the steak from sticking to the grill and add flavor to the steak.Cooking Your Ribeye Steak on the George Foreman GrillNow its time to cook your ribeye steak. Place the steak on the grill and close the lid. Cook the steak for 4-5 minutes per side, depending on the thickness of the steak and your desired level of doneness.For a 1-1.5 inch thick steak, cook for:Rare: 4-5 minutes per sideMedium-rare: 5-6 minutes per sideMedium: 6-7 minutes per sideMedium-well: 7-8 minutes per sideWell-done: 8-9 minutes per sideMake sure to flip the steak only once during cooking to prevent it from becoming tough.Checking the Internal TemperatureUse a meat thermometer to check the internal temperature of the steak. Insert the thermometer into the thickest part of the steak, avoiding any fat or bone. If the steak is not cooked to your desired level of doneness, continue cooking it in 1-minute increments until it reaches the desired temperature.Letting the Steak RestOnce the steak is cooked to your desired level of doneness, remove it from the grill and let it rest for 5-10 minutes. This will allow the juices to redistribute throughout the steak, making it more tender and flavorful.Tips for Achieving the Perfect CookHere are some additional tips for achieving the perfect cook on your George Foreman grill:Make sure to preheat the grill to the highest heat setting to achieve a nice sear on the steak.Dont press down on the steak with your spatula while its cooking, as this can squeeze out juices and make the steak tough.Use a meat thermometer to ensure that the steak is cooked to a safe internal temperature.Dont overcrowd the grill, as this can lower the temperature of the grill and affect the cooking time.Let the steak rest for at least 5-10 minutes before slicing and serving.Common Mistakes to AvoidHere are some common mistakes to avoid when cooking a ribeye steak on your George Foreman grill:Not preheating the grill to the highest heat setting, resulting in a lack of sear on the steak.Overcooking the steak, resulting in a tough and dry texture.Not using a meat thermometer, resulting in undercooked or overcooked steak.Pressing down on the steak with your spatula while its cooking, resulting in a loss of juices and a tough texture.ConclusionCooking a ribeye steak on your George Foreman grill can be a challenge, but with the right techniques and a bit of practice, you can achieve a perfectly cooked steak thats sure to impress your family and friends. Remember to choose the right ribeye steak, preheat the grill to the highest heat setting, and use a meat thermometer to ensure that the steak is cooked to a safe internal temperature. With these tips and a bit of practice, youll be cooking like a pro in no time.Steak ThicknessCooking Time per Side1-1.5 inches4-5 minutes (rare), 5-6 minutes (medium-rare), 6-7 minutes (medium), 7-8 minutes (medium-well), 8-9 minutes (well-done)1.5-2 inches5-6 minutes (rare), 6-7 minutes (medium-rare), 7-8 minutes (medium), 8-9 minutes (medium-well), 9-10 minutes (well-done)By following these tips and guidelines, youll be able to cook a delicious ribeye steak on your George Foreman grill thats sure to please even the pickiest of eaters. Happy grilling!What is the ideal thickness for a ribeye steak to cook on a George Foreman Grill?The ideal thickness for a ribeye steak to cook on a George Foreman Grill is between 1-1.5 inches. This thickness allows for even cooking and prevents the steak from becoming too charred on the outside before it reaches the desired level of doneness on the inside. If the steak is too thick, it may not cook evenly, and if its too thin, it may become overcooked.Its also important to note that the thickness of the steak may vary depending on personal preference. Some people prefer a thicker steak, while others prefer a thinner one. However, for a George Foreman Grill, 1-1.5 inches is a good starting point.How do I season a ribeye steak for cooking on a George Foreman Grill?To season a ribeye steak for cooking on a George Foreman Grill, start by sprinkling both sides of the steak with salt and pepper. You can also add other seasonings such as garlic powder, paprika, or thyme, depending on your personal preference. Let the steak sit at room temperature for about 30 minutes before cooking to allow the seasonings to penetrate the meat.Its also important to note that you should not over-season the steak, as this can overpower the natural flavor of the meat. A light coating of seasonings is all you need to bring out the flavor of the steak. You can also add a small amount of oil to the steak to help it cook more evenly.What is the best way to preheat a George Foreman Grill for cooking a ribeye steak?The best way to preheat a George Foreman Grill for cooking a ribeye steak is to plug it in and let it heat up for about 5-7 minutes. You can also preheat the grill by closing the lid and letting it heat up for a few minutes. This will help the grill to reach the optimal temperature for cooking a steak.Its also important to note that you should not press down on the steak while its cooking, as this can squeeze out the juices and make the steak tough. Instead, let the steak cook for a few minutes on each side, or until it reaches the desired level of doneness.How long does it take to cook a ribeye steak on a George Foreman Grill?The cooking time for a ribeye steak on a George Foreman Grill will depend on the thickness of the steak and the level of doneness desired. As a general rule, a 1-inch thick steak will take about 4-6 minutes to cook to medium-rare, 6-8 minutes to cook to medium, and 8-10 minutes to cook to medium-well.Its also important to note that you should use a meat thermometer to check the internal temperature of the steak. The internal temperature should be at least 130F for medium-rare, 140F for medium, and 150F for medium-well.Can I cook a ribeye steak to well-done on a George Foreman Grill?Yes, you can cook a ribeye steak to well-done on a George Foreman Grill, but its not recommended. Cooking a steak to well-done can make it tough and dry, as it will be overcooked. However, if you prefer your steak well-done, you can cook it for an additional 2-3 minutes on each side, or until it reaches an internal temperature of 160F.Its also important to note that cooking a steak to well-done can also make it lose its natural flavor and texture. If you prefer your steak well-done, you may want to consider using a different cooking method, such as grilling or pan-frying.How do I let a ribeye steak rest after cooking on a George Foreman Grill?To let a ribeye steak rest after cooking on a George Foreman Grill, remove the steak from the grill and place it on a plate or cutting board. Tent the steak with aluminum foil to keep it warm, and let it rest for about 5-10 minutes. This will allow the juices to redistribute and the steak to retain its tenderness.Its also important to note that you should not slice the steak immediately after cooking, as this can cause the juices to run out. Instead, let the steak rest for a few minutes before slicing it thinly against the grain.Can I cook multiple ribeye steaks at once on a George Foreman Grill?Yes, you can cook multiple ribeye steaks at once on a George Foreman Grill, but its not recommended. Cooking multiple steaks at once can make it difficult to cook them evenly, and it can also reduce the overall quality of the steaks. However, if you need to cook multiple steaks, you can cook them one at a time, or you can use a larger George Foreman Grill that can accommodate multiple steaks.Its also important to note that cooking multiple steaks at once can also make it difficult to monitor the internal temperature of each steak. If you need to cook multiple steaks, its best to use a meat thermometer to ensure that each steak is cooked to the desired level of doneness.Last Updated on April 27, 2025 by KarenLearn how to cook the perfect steak on a George Foreman grill with this step-by-step guide. From choosing the right cut of steak to grilling tips and cooking times, get the best results for a delicious, juicy steak every time!Cooking steak can seem tricky, especially if youve never done it before. But dont worryif you have an electric indoor grill like a George Foreman grill, cooking a juicy, delicious steak at home is absolutely doable. Whether youre making a new recipe or showing off your grilling skills to friends, this guide will walk you through every step to ensure a perfect steak every time.Lets get grilling!Why Use a George Foreman Grill?The George Foreman grill is a great option for cooking steak indoors. It offers a consistent temperature, is easy to use, and its unique design cooks both sides of the steak simultaneously, reducing cook times. Plus, the drip pan catches fat drips, making it a healthier version of a grilled steak than traditional methods. Its a perfect size for smaller kitchens and apartment living, where an outdoor grill might not be an option.Step 1: Choosing the Right Cut of Steak for Your George Foreman GrillBefore you fire up your electric indoor grill, selecting the right cut of steak is essential for getting the best steak results. Whether youre using boneless steaks or thicker cuts (for good contact with the grill plates, make sure your steak is at least 1 inch thick), choosing a steak that works well with an indoor grill will lead to a juicy, tender result. Here are some cuts that shine on the George Foreman grill:Ribeye Steak: Known for its rich flavor and marbling, this is one of the best steak cuts for grilling. The fat drips away during cooking, leaving behind a healthier version of a grilled steak that is still full of flavor.New York Strip Steak: A classic choice, perfect for those who enjoy a tender, beefy taste. This cut cooks well on the George Foreman grill, making it a great option for a perfect size steak.Sirloin Steak: A leaner choice but still flavorful and tender. This is a good option if youre looking for something with less fat.Flank Steak: Best when marinated and cooked quickly. Its an ideal choice if youre making a new recipe, such as fajitas or steak salads.T-Bone Steaks: For steak lovers who want the best of both worlds, this cut offers both tenderloin and strip steak in one, making it perfect for those who like variety.Step 2: Preparing Your Steak for the George Foreman GrillOnce youve chosen your steak, its time to prepare it. The prep time can be quick, but the steps you take before cooking will ensure the best results. Here is what you should do before grilling:Let the Steak Rest at Room Temperature: Take your steak out of the fridge 30 to 60 minutes before cooking. This will help it cook evenly. A steak cooked straight from the fridge will take longer and could cook unevenly, so room temperature is ideal.Seasoning: For a flavorful steak, use kosher salt, black pepper, and a pinch of garlic powder. For more complexity, try adding soy sauce or Worcestershire sauce.Brush with Olive Oil: Lightly coat the steak with olive oil to help prevent sticking and add a nice sear. The oil helps with creating a crispy crust as it cooks.Tenderize the Meat (Optional): If youre using a tougher cut like flank steak or London broil, use a meat tenderizer to break down the muscle fibers, which will make it more tender when grilled.Step 3: Preheating the George Foreman GrillPreheating the grill ensures a consistent temperature, which is key for perfect cooking. A hot grill creates that delicious sear that locks in juices.To preheat, pPlug in your George Foreman grill and set it to high heat. Wait for about 5 to 7 minutes until the green light indicates that the grill is ready.Step 4: Cooking the SteakOnce your George Foreman grill is preheated, its time to cook the steak. Cooking on an electric indoor grill is quicker than outdoor grilling because the grill plates cook both sides at once.Use These Times as a Guide:DonenessGrill Time (1 thick)Internal TempRare45 minutes130135FMedium-rare56 minutes135140FMedium67 minutes140145FMedium-well78 minutes145150FWell-done89 minutes150155FTo check doneness, use a digital meat thermometer. Insert it into the thickest part of the steak, avoiding bone or fat, to ensure you reach the desired temperature. Remember that this is the cooking time for thick cut steaks. For steaks thinner than 1 inch, you may need to reduce the cooking time. Thicker cuts will need longer cooking times.Step 5: Let the Steak RestOnce your steak has finished cooking, remove it from the grill and let it rest on a cutting board for about 5 minutes. This helps the juices redistribute within the meat, resulting in a juicy steak every time.Extra Tips for a Better SteakUse a Marinade: Marinate your steak for 30 minutes to a few hours in a mix of olive oil, soy sauce, Worcestershire sauce, balsamic vinegar, and garlic for added flavor.Sear First: For a crispy crust, sear your steak in a hot pan for 12 minutes per side before finishing it on the George Foreman grill.Experiment with Cuts: Once youre comfortable, try grilling different cuts like filet mignon or flat iron steaks for variety.Slice Against the Grain: This makes your steak more tender. Always slice against the muscle fibers in the meat for the best results.Cleaning UpAfter grilling, let your George Foreman grill cool down. If your model has removable grill plates, place them in the dishwasher for easy cleanup. Otherwise, use a wet paper towel to wipe down the plates.How Do You Get Perfect Grill Marks on Steaks Cooked on George Foreman Grill?Getting perfect grill marks on your steak takes a little bit of technique, but with the right approach, you can achieve those beautiful, crispy lines that make your steak look as good as it tastes. Here are some tips to help you get better grill marks on your steak:1. Preheat Your GrillBefore placing the steak on the grill, make sure the grill is fully preheated. A hot grill ensures that the steak will sear immediately upon contact, creating those crispy grill marks. For a George Foreman grill, wait for the green light indicating that its ready, which typically takes about 5 to 7 minutes.2. Use High HeatWhether youre using an outdoor grill or an indoor electric grill like a George Foreman, high heat is essential for good grill marks. High heat will sear the steak quickly, locking in juices and creating the desired marks on the surface. Make sure your grill is set to high if it has temperature settings.3. Pat the Steak DryBefore grilling, pat the steak dry with a paper towel. Moisture on the steak can cause it to steam rather than sear, which means you wont get those crispy grill marks. Removing excess moisture will also help the seasoning stick better to the meat.4. Oil the Grill Plates (Not the Steak)Lightly oil the grill plates using a cooking spray or brush. This prevents the steak from sticking and helps to create a clean, crisp mark. Avoid over-oiling the steak itself as too much oil can cause flare-ups or make the steak difficult to sear evenly.5. Dont Move the Steak Too MuchOnce you place the steak on the grill, resist the urge to move it around too much. Let it sit in place to form grill marks. If you want crosshatch marks, after 2-3 minutes, rotate the steak 90 degrees to create a perpendicular pattern. Then, flip the steak to the other side to form the same marks.What to Serve with Your SteakA great steak deserves some equally tasty sides. Here are some ideas for favorite side dishes to complement your grilled steak:Grilled Vegetables: Try zucchini, mushrooms, or asparagus for a light, healthy side.Sweet Potatoes: A healthy, satisfying choice that pairs wonderfully with steak.Roasted Potato Wedges, Baked Potatoes, or Mashed Potatoes: A classic side thats always a hit.Corn on the Cob: Sweet and savory, this is a great option to serve alongside your steak.Garlic Bread: Perfect for sopping up any juices from your steak.Salad:This is my favorite way to serve a piece of steak. I make a big green salad (arugula, spinach, cucumber, cherry tomatoes, hearts of palm) dressed in a balsamic vinaigrette, then slice the steak across the grain. Serve over the salad, and drizzle more salad dressing on top, and voila! The best steakhouse-style steak salad!What is the Cooking Time For Steaks Cooked on a George Foreman Grill?Prep Time: 1015 minutesCook Time: 49 minutes (see the chart above, depending on doneness)Rest Time: 5 minutesTotal Time: Around 2030 minutesGrilling a steak on a George Foreman grill is quick, easy, and the results are always delicious. By choosing the right cut, seasoning properly, and following the right steps, you can enjoy a perfectly grilled steak every time. So, fire up that grill and enjoy a juicy steak tonight! Cooking a steak on a George Foreman grill is a quick and convenient way to enjoy a delicious and juicy meal. This indoor grill is known for its ability to sear and cook food evenly, and it can be a great alternative to traditional outdoor grilling. If youre wondering how to cook steak on a George Foreman grill, follow these simple steps for a mouthwatering result. Do you like this article? What youll need: A George Foreman grill A steak of your choice (ribeye, sirloin, or filet mignon work well) Salt and pepper (or your preferred steak seasoning) Olive oil Tongs or a spatulaStep-by-step guide:1. Preheat the grill: Before starting, preheat your George Foreman grill with the lid closed. This typically takes about 5 minutes. 2. Prepare the steak: While the grill is preheating, season your steak generously with salt and pepper or your preferred steak seasoning. Allow the steak to sit at room temperature for about 20 minutes to ensure even cooking.3. Brush with olive oil: Brush both sides of the steak lightly with olive oil. This will help prevent sticking and add flavor to the steak.**4. Place the steak on the grill:**Once the grill is preheated, place the steak on the grill and close the lid. Cook the steak for 4-6 minutes per side, depending on your desired level of doneness. For a medium-rare steak, aim for a cooking time of 4-5 minutes per side, while a medium steak may take 5-6 minutes per side. Adjust the cooking time according to your preference and the thickness of the steak.5. Avoid pressing down: Resist the temptation to press down on the steak while its cooking. This can squeeze out all those delicious juices and result in a drier steak.6. Check for doneness: After the recommended cooking time has passed, check the doneness of your steak. You can do this by cutting into the center of the steak or using a meat thermometer. The internal temperature for a medium-rare steak should be around 135F (57C), while a medium steak should be around 145F (63C). Remember that the steak will continue to cook slightly as it rests.7. Let it rest: After removing the steak from the grill, let it rest for about 5 minutes. This allows the juices to redistribute, resulting in a more flavorful and tender steak.8. Serve and enjoy: Finally, slice your steak against the grain and serve it up! Pair it with your favorite sides and sauces for a complete meal.Frequently Asked Questions:1. Can I marinate the steak before grilling it on a George Foreman grill? Yes, marinating the steak can add flavor and tenderness. However, make sure to pat it dry before grilling to avoid excess moisture.2. Is it necessary to preheat the George Foreman grill? Yes, preheating the grill ensures even cooking and helps prevent sticking.3. Can I use frozen steak on a George Foreman grill? It is not recommended to cook frozen steak directly on a George Foreman grill. Thaw the steak thoroughly before grilling for best results.4. How can I prevent my steak from sticking to the grill? Brushing the steak with olive oil before grilling can help prevent sticking. Additionally, make sure the grill is well preheated.5. Can I cook different levels of steak doneness simultaneously? It is not recommended to cook steaks with different levels of doneness on the same grill, as they may require different cooking times.6. How do I clean my George Foreman grill after cooking steak? Allow the grill to cool down, then wipe the surfaces clean with a damp cloth or sponge. The removable plates can also be washed with warm soapy water.7. Can I grill thick-cut steaks on a George Foreman grill? Yes, you can grill thick-cut steaks on a George Foreman grill; just adjust the cooking time accordingly to ensure proper cooking.8. Can I use a bone-in steak on a George Foreman grill? Yes, bone-in steaks can be cooked on a George Foreman grill, but they may require slightly longer cooking times.9. Can I season the steak with other spices besides salt and pepper? Absolutely! Feel free to get creative with your seasoning and experiment with various spices and herbs to enhance the flavor of your steak.10. Can I cook a medium-well or well-done steak on a George Foreman grill? Yes, you can cook your steak to a higher level of doneness, but keep in mind that the grills high heat may result in a more well-done steak compared to traditional grilling methods.11. Can I open the lid while the steak is cooking? Its best to avoid opening the lid while the steak is cooking to maintain a consistent temperature and prevent heat loss.12. Can I use the George Foreman grill for other meats besides steak? Absolutely! The George Foreman grill is versatile and can be used to cook a variety of meats, including chicken, pork, and fish.Watch this awesome video to spice up your cooking! Your friends have asked us these questions - Check out the answers!

Steak george foreman grill. George foreman steel grill compact. Can you cook cube steak on a george foreman grill. George foreman steak. Can you cook a sirloin steak on a george foreman grill. Can you cook a frozen steak on a george foreman grill. Can you cook a ribeye steak on a george foreman grill. Can you put a steak on a george foreman grill. How to make a steak on a george foreman grill. Can you cook a steak on a george foreman. Can you cook rump steak on a george foreman grill. Can you cook a thick steak on a george foreman grill. Can you cook at bone steak on a george foreman grill.