PRIME MEATS
STEAKS CHOPS
BY LETTUCE™
Butcher Shop

BARBEQUE COWBOY STEAK

Yield: 2 Servings



INGREDIENTS

COWBOY STEAK

1 24-oz. Prime Meats by Lettuce Cowboy Steak

2 oz. BBQ sauce (chef recommends Salt Lick BBQ sauce)

salt and black pepper, to taste

BROCCOLI SLAW

1¼ cups green cabbage, chopped

1¼ cups broccoli, grated on large holes of cheese grater

½ cup black kale, chopped

¼ cup toasted sliced almonds

1 Tbsp. fresh parsley, chopped

2 Tbsp. green onion, chopped

⅓ cup purple cabbage, chopped

¼ cup slaw dressing
(see sub-recipe)

COWBOY STEAK METHOD

1. Light charcoal in a chimney starter. When coals are white-hot, pour them into the grill. Rake most of the coals to one side to create a hot zone, leaving a thin layer on the opposite side for indirect cooking. **Optional:** sprinkle soaked wood chips over the cooler side for added smoke flavor. *Note: If you do not have a chimney starter, arrange coals in a mound and light carefully using lighter cubes or crumpled paper.*
2. Remove the steak from its packaging and pat it very dry using a food-safe disposable towel or paper towels.
3. Season the steak generously with kosher salt and coarse cracked black pepper, pressing gently into the meat. Flip and repeat on the other side.
4. Place the steak on the cooler side of the grill. Grill for 5–10 minutes per side, or until the internal temperature reaches 115°F.
5. Remove the steak from the grill and place on a rack. Brush both sides with BBQ sauce and allow to rest for 20–30 minutes.
6. Rake a few fresh coals to the cooler side to slightly increase the heat. Return the steak to the grill over low heat. Cook for 3–4 minutes per side, brushing with BBQ sauce after each flip. The steak should caramelize and develop light grill marks without burning. If the grill is too hot, move some coals away from under the steak.

Continued on Following Page

©2025 A LETTUCE ENTERTAIN YOU® RECIPE

PRIME MEATS
STEAKS CHOPS
BY LETTUCE™
Butcher Shop

BARBEQUE COWBOY STEAK

Yield: 2 Servings



INGREDIENTS

SLAW DRESSING

1½ cups mayonaisse
3 Tbsp. buttermilk
1 Tbsp. horseradish
⅓ cup sweet pickle relish
1 Tbsp. grain mustard
1 Tbsp. cider vinegar
2 Tbsp. sugar

Continued from Previous Page

7. Remove the steak from the grill when the internal temperature reaches 130–135°F for medium-rare to medium. Let rest for 1 minute.
8. Slice the steak off the bone, then cut into 7–8 thick slices across the grain (against the width of the steak).
9. Sprinkle steak with flaky sea salt and serve with broccoli slaw.

SLAW DRESSING METHOD

1. In a mixing bowl, whisk together all dressing ingredients until smooth and fully combined.
2. Set aside.

BROCCOLI SLAW METHOD

1. In a large bowl, combine all slaw ingredients.
2. Add the dressing and toss until the slaw is evenly dressed.

©2025 A LETTUCE ENTERTAIN YOU® RECIPE