

# Prime Beef 201

by Executive Chef  
Demetre Castanas

*Wet-aged versus dry-aged  
beef – you be the judge*

**Grill 225** is Charleston's premier 100% USDA Prime steak house. But there is something else you should know about our beef: we serve only wet-aged beef. Never dry-aged.

Why is this so important?

## **Wet aging versus dry aging**

One of the most important determinants of beef texture and flavor is the aging process. When beef ages, natural enzymes break down proteins in muscle fibers, imparting a tender texture.

Some aging occurs when the beef is packaged and then shipped to market, but the most important aging occurs in a carefully controlled environment. There are two ways to age beef: wet aging and dry aging.

**Wet aging** protects beef from exposure to the air and allows it to age in its own flavorful juices. The meat is sealed in vacuum bags for 21–28 days in a climate-controlled environment of 32–34° F. Wet aging produces tender, juicy beef. It is also the predominant aging method used today and preferred by beef connoisseurs.

**Dry aging**, popularized in the 1960s, is an older approach to the aging process. This method requires a complex environment of temperature, humidity and air velocity. Because these delicate factors are susceptible to error, the exposed dry-aged beef is at greater risk for the promotion of microbial growth. In fact, dry-aged beef must be excessively trimmed after the aging process to eliminate the inedible outer exterior. Established steak houses that age their own beef have the experience to perfect this formula.

## **The reason is flavor**

Being a third generation chef, I have spent nearly 20 years in the kitchens of fine steak houses. I believe the best restaurants serve only wet-aged beef. The reason is flavor. Wet aging yields tender, juicy, flavorful steaks—Prime beef at its best. Dry aging produces a game-like taste as well as unpredictable consistency. In fact, dry-aged beef can taste spoiled even when it's not. Our customers strongly prefer the wet-aged flavor.

## **Charleston's only wet-aged USDA Prime Steak House**

Grill 225 is Charleston's first USDA Prime steak house. We serve nothing but 100% wet-aged prime beef and we are the only restaurant in Charleston which can make this claim. All of our beef is wet aged to insure tender texture and unsurpassed flavor.



**Chef Secret:** Executive Chef Demetre Castanas insists that Grill 225 serve only 100% USDA wet-aged Prime (never dry-aged).

## **Why are we so selective?**

Upon opening in 2002, Grill 225 had one ideal: to be the best steak house in the country. In order to be the best, we use only the finest ingredients, including beef.

Grill 225 is a place where locals and visitors can dine on the best beef in Charleston.

So does wet aging really produce the best beef? Come see for yourself and you be the judge.

**Grill 225**  
*The Truth in Beef*

In the MARKET PAVILION HOTEL  
225 EAST BAY STREET  
CHARLESTON, SC 29401  
843-266-4222  
WWW.GRILL225.COM

**Hours:** Dinner is served Sunday –Thursday, 5:30 until 10:00 p.m.; Friday & Saturday, 5:30 until 11:00 p.m. Lunch is served Monday – Saturday, 11:30 a.m. until 3:00 p.m.; Sunday brunch, 11:00 a.m. until 2:30 p.m.



THE AWARD  
OF EXCELLENCE  
FROM  
DISTINGUISHED  
RESTAURANTS OF  
NORTH AMERICA

THE ORIGINAL  
Great STEAK HOUSES  
of North America

A member of  
**The Leading  
Small Hotels**  
of the World

