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E-WEDNESDAY

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Happiness is not so much in having as sharing.
We make a living by what we get, but we make a life by
what we give.



Norman MacEwan



Money

"Money is usually attracted, not pursued." ~ J i m R o h n

Canada is desperate for service workers as provinces reopen

As Canada's restaurants and hotels begin to fully reopen after months of lockdown, they will almost surely struggle to find replacements for the workers who left the industry during COVID.

But they may have an advantage over their U.S. counterparts who have been struggling with labor shortages: a federal wage-subsidy program that kept many service workers connected to their employers.

The sector accounts for 71 per cent of the 500,000 Canadian jobs that disappeared early in the pandemic and have yet to return. Now, as even the hardest-hit provinces make plans for phased reopening's beginning this month, they are confronting the fact that many of those workers have switched jobs or stopped working entirely, some executives in the hospitality and food-service industry say.

"A lot of them have left the industry, a lot have given up on waiting for jobs to come back," James Rilett, a vice president at the Restaurants Canada industry association, said in an interview.

Many provinces including Ontario, Quebec and British Columbia kept COVID restrictions in place for most of May as they tried to control a third wave of the outbreak. Now that more than half of Canadians have received at least one vaccine dose, new virus cases are declining and provinces are outlining phased reopening plans. Economists are predicting a healthy rebound in the second half of the year as businesses reopen and consumers get comfortable again attending in-person activities

Hard-hit sectors in the U.S., which is well ahead of Canada in vaccinations, are already having difficulty staffing up. In April, the U.S. posted a disappointing jobs report, with companies saying they were having trouble finding workers because of ongoing virus fears, childcare responsibilities and generous unemployment benefits.

Canada's businesses are likely to encounter similar challenges.

"Every time you close and reopen, you lose employees and it costs money," Tony Elenis, chief executive officer of the Ontario Restaurant Hotel and Motel Association, said.

About 10 per cent to 15 per cent of hotels and restaurants in Canada closed their doors during the pandemic, Elenis said, adding that he thinks that figure would have been closer to 60 per cent if not



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for the government's wage subsidy program. That subsidy is one key difference in how Canada doled out fiscal support compared with the U.S.

Research by Canadian Imperial Bank of Commerce suggests that the Canadian businesses that took advantage of the wage subsidy may have an easier time getting workers to return than their U.S. counterparts, largely because that support came directly from the government instead of through employers.

"A wage subsidy program that is aimed at keeping the employer-employee link intact might be more successful in motivating workers to return to work as opposed to a direct income support," Benjamin Tal, deputy chief economist at Canadian Imperial Bank of Commerce, wrote in the May 26 report.

Tal says he expects that Canadian service-industry businesses will still struggle to find workers, if only because immigration has slowed to a trickle, compounding a labor shortage that predated COVID.

"That's going to be the immediate problem, but going forward even before the pandemic hit we were having a labor shortage issue," Rilett said. "We expect it will only be exacerbated by this long period of shutdown."

There also appears to have been less scarring in Canada to start with than in the U.S., based on labor force participation rates. The rate in the U.S. is at 61.7 per cent in the U.S., down from 63.3 per cent before the pandemic. The decline in Canada has been less dramatic -- to 64.9 per cent from 65.5 per cent.

Biden administration to send 25 million doses of U.S. vaccines abroad

The U.S. government will send 25 million COVID-19 vaccine doses to foreign countries across Asia, Africa and Latin America, the first time President Joe Biden's administration has shared shots it could have used at home.

Through the UN-organized Covax program, the U.S. plans to distribute six million shots to Central and South America, seven million to Asia including hard-hit India and five million to Africa, the White House said in a statement.

The U.S. will directly send another six million shots to countries including Mexico, Canada, South Korea and the Palestinian territories, the White House said.

The move is a watershed moment for the U.S., which secured the first hundreds of millions of doses made on its soil for domestic use but intends to be an engine of vaccine production globally. As vaccine demand wanes at home, Biden is facing calls internationally to release the American stockpile of shots made by Pfizer Inc., Moderna Inc. and Johnson & Johnson in order to curb the rise of coronavirus variants against which existing vaccines might provide less protection.



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Thursday's announcement will include a framework to distribute shots among countries based on need. Biden has said his administration will donate 80 million doses by the end of this month, including 60 million that aren't yet available for use.

Nonetheless, the move is a sign of a cresting wave of American vaccine production poised to meet world demand. The gap between U.S. doses delivered and actually administered has risen to 70 million -- much of which are in various stages of distribution. But the figure is an indication of the U.S. glut Biden has to work with.

Another 60 million doses of AstraZeneca Plc's vaccine remains on U.S. shelves, despite Biden's repeated promises to export them. That shot has not been authorized for U.S. use and is still under review by the Food and Drug Administration.

In addition to the Biden administration's plans to begin sharing doses it bought, Pfizer and Moderna have both begun filling international orders from U.S. plants that previously supplied only the U.S. government.

Harris is set to meet with the leaders of Mexico and Guatemala next week on a trip through the region. Mexico and other countries have publicly asked the U.S. to share its vaccines, and some European allies had criticized Biden for hoarding U.S. production.

In the U.S., 297 million doses of vaccines have been administered so far. In the past week, an average of 1.1 million doses per day were administered, down significantly from just several weeks ago.

Biden has said he will not use U.S. vaccines as a diplomatic tool, after accusing China and Russia of leveraging doses of their vaccines for foreign policy gains.

Trudeau promises cities help to lower high cost of housing

Prime Minister Justin Trudeau is promising municipal leaders federal backing and resources toward efforts to address the high cost of housing that he says is creating a crisis for young and middle-class families.

The cost of housing has risen across the country driven by a mix of low interest rates and demand outstripping supply as Canadians working from home look for more space.

Trudeau says the result is that the cost of owning a home is too far out of reach for too many people in Canada's largest cities, noting it can take 280 months for an average family to save for a down payment in a place like Toronto.



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Speaking to the Federation of Canadian Municipalities, Trudeau says his government would look for ways to change the situation beyond what the Liberals have already laid out.

He notes the federal government alone can't cool housing costs, saying the levers exist at all levels of government.

Trudeau says the Liberals will reach out to provinces and territories to find solutions to ease concerns around housing affordability.

Technology & Perspective

"The ability to perceive or think differently is more important than the knowledge gained." ~ David Bohm

What is sustainable technology? - *By Frédérique Carrier*

5min read

Companies and industries at the forefront of developing technology solutions to sustainability issues may offer compelling long-term investment opportunities.

This report looks at the importance of sustainability from an investment perspective. It highlights some of the technologies and innovations that could help curb the greatest threats to the sustainability of the global economy. In our view, companies at the forefront of developing technology solutions to sustainability issues may offer compelling long-term investment opportunities.

GreenTech

Environmentally-friendly technologies which aim to reduce GHG emissions

Our climate change article looked at several emerging technologies used in buildings to dramatically cut fossil fuel consumption. We highlighted geexchange technology, which takes advantage of constant subterranean temperatures to heat and cool structures.

GreenTech also encompasses electric vehicles (EVs) and the ecosystem around them, including batteries, parts, and semiconductors. According to a Deloitte Insights report released in 2020, EVs accounted for 2.5 percent of new car sales globally in 2019. It expects EV sales to grow by an average of 29 percent per year over the next decade, with EVs constituting just over 30 percent of new car sales globally by 2030 thanks to a broader model offering, a reduction in battery costs, and



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greater access to affordable public and home charging infrastructure. Regional differences will emerge depending on governments' commitments to investing in EV infrastructure and offering cash and tax incentives. Deloitte expects EV sales in 2030 to account for 48 percent of domestic new car sales in China, 42 percent in Europe, and a more modest 14 percent in the U.S.

Other GreenTech industries include wind farms and solar power, and the development of batteries to store the power generated by these intermittent sources of energy—the wind doesn't always blow and the sun doesn't always shine—while comparatively the demand for electricity is more constant. Wind energy accounted for some 8.8 percent of total electricity generation in the U.S. in 2020, according to the U.S. Energy Information Administration (EIA), while solar energy contributed a lesser 2.3 percent. Together they provided some 10 percent of all electricity generated in the U.S. The EIA predicts the share of all renewables (i.e., including hydro) in the U.S. electricity generation mix will double from the current 21 percent to 42 percent by 2050, with wind and solar driving much of that growth.

Hydrogen, another key aspect of GreenTech, could potentially help meet a non-negligible 14 percent of U.S. energy demand by 2050, according to the Fuel Cell & Hydrogen Energy Association. While much of the attention garnered by hydrogen has focused on transportation applications—cars, heavy trucks, locomotives, ships, even planes—a number of technological hurdles to realise that potential still need to be cleared. However, there are currently feasible applications in oil refining (as a substitute for natural gas) and steelmaking (as a substitute for coking coal) that are already attracting considerable investment by industry majors.

Cement manufacturing and steel production are the two largest industrial sources of GHG emissions. Engineered wood, another GreenTech product, is being used to replace both of these materials in the construction of larger buildings—one built in Norway rises 18 stories.

Some GreenTech solutions, such as recycling robots, also tackle waste management. These have become increasingly popular after China banned the import of plastic waste in 2018 following three decades of importing close to half of the world's recyclable plastic waste. This ban has provided the impetus for innovations elsewhere in the world that can efficiently process this waste in place of China. For example, artificial intelligence robots are able to not only sort rubbish but also extract recyclable components from it, and assess their purity—valuable data to have in order to recycle these materials efficiently.

AgriTech and FoodTech

Food development and delivery solutions spanning a range of activities from farm to table. Agriculture has already benefitted from the growing adoption of soil-friendly techniques such as no-till farming and cover cropping. GPS technology has enabled more precise land management and



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reduced input usage (fertilizers, pesticides, and fuel). But the industry remains one of the largest sources of GHG emissions.

Technology solutions in this field can potentially address all four of the threats outlined above while tackling the challenge of feeding a growing world population. Since the 1950s, consumption of protein in China has grown by five times while the country's population has doubled. AgriTech and FoodTech can be leveraged to produce protein foodstuffs in a sustainable manner.

Agricultural innovations, such as the development of vertical farming, a reengineered farming process using stacked production systems, may permit the same or greater production of some foodstuffs on drastically less land. Moreover, this type of farming can be employed in closer proximity to cities, reducing the need for transport. Technologies that enable cultivation with less water can also help to mitigate water scarcity, while hydroponics use little to no soil.

FoodTech has fostered the development of plant-based products, which directly reduce GHGs (cattle produce a significant amount of methane), as well as the creation of protein sources via processes that use much less water. The United States Geological Survey estimates that the production of a hamburger weighing a quarter-pound (113 grams) requires 460 gallons of water (some 1,750 litres). Alternative sources of protein can require only half as much.

Other aspects of FoodTech such as food traceability for just-in-time delivery can lower inventories, thus reducing waste and GHG emissions. The World Wildlife Fund estimates that one-third of food ends up as waste, and as it rots, it produces methane.

AgriTech can also foster social progress to the extent that more efficient farming practices can help raise farmers' standards of living, particularly in developing countries, and in the process enable family planning and reduce the pressure to migrate.

FinTech

Development of applications that can empower economically "unbanked" populations

According to the World Bank, in 2017 just over 1.7 billion people in the world were unbanked, i.e., no access to financial services. While that number most likely has come down, the issue is particularly acute in low-income countries. But richer nations are not spared entirely. According to the Federal Deposit Insurance Corporation, as of 2019, 7.1 million households remained unbanked in the U.S., representing a non-negligible 5.4 percent of the country's households.



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Nearly half of all unbanked adults live in seven countries, though this is not exclusively an emerging market phenomenon

Global distribution of adults without a bank account, 2017

| | |
|------------------|----------------------|
| ● Bangladesh: 3% | ● Mexico: 3% |
| ● China: 13% | ● Nigeria: 4% |
| ● India: 11% | ● Pakistan: 6% |
| ● Indonesia: 6% | ● Rest of world: 54% |

Source - Global Findex database

FinTech solutions, including blockchain and emerging digital payment systems, are among the new technologies that can improve access to banking and credit. One example is the M-Pesa text message-based payment system initially launched in Kenya in 2007. The service allows the user to send and withdraw funds via basic mobile phones. By its 10-year anniversary, the service was used by 30 million customers across 10 countries, with over 95 percent of households in Kenya having at least one M-Pesa account. According to the World Bank, M-Pesa has advanced the financial empowerment of women, helping them gain control over their income, and fostered start-up businesses.

HealthTech

Development of devices, medicines, and systems to improve the quality of life

Ageing societies, rising health care costs, and unequal access to health care are widespread problems. Where access to proper care is inadequate, it is often due to the lack of reliable diagnosis, and substandard equipment, medication, and/or doctors. By reducing costs and improving efficiencies, telemedicine and digital diagnostics can make some of these services more widely available.

The ability to remotely collect, read, and interpret data, and provide an expert diagnosis to a patient in an underserved community or rural area can go a long way to improving the living conditions for many, in both emerging and developed regions. In the latter, telemedicine practitioners are able to not only diagnose but also prescribe medication to patients due to the increased popularity of smartphones and wearables.

Remote surgery can improve access further to those living in remote areas. This involves using an internet-connected robotic system to perform increasingly complex surgical procedures. This technology can circumvent lengthy and costly transport by ambulance or helicopter, and in doing so may also speed up treatment.



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Smart Cities

Tackle climate change, fresh water shortages, waste management, and even foster social progress

Smart Cities can help reduce the detrimental impact of urbanisation on the environment and improve the quality of urban life. These are cities in which infrastructure, utilities, services, homes, and more are connected via the Internet of Things and 5G and use artificial intelligence technologies to optimise the flow of goods and people. This connectivity enables cities to optimise waste management and water consumption. It can also facilitate more efficient traffic flow to enhance public safety.

For example, many cities today already employ sensors on trash receptacles to alert authorities when capacity is reached, allowing the refuse collection fleet to be deployed more efficiently. And while artificial intelligence is already being used to manage traffic, with greater connectivity more progress is possible on this front.

Sensors in sewage systems can monitor water levels and alert managers to a potential leak, enabling them to redirect wastewater if necessary to prevent floods. Such technologies can prevent economic losses and help protect livelihoods.

Parking management solutions is another area that can bring added productivity. Some cities offer the option for people to reserve a parking spot at the same time as when they make an appointment/reservation, so they don't have to waste time—and gas—looking for a parking space. If they see that no spot is available, they can adjust their plans accordingly to make more efficient use of their time.

Asia is leading the global race to create Smart Cities, with a number of high-tech hubs in China including Shenzhen, Shanghai, and Guangzhou, but the technologies are being increasingly adopted in the West. Singapore also ranks very highly on this front, thanks to integrating the Internet of Things into mobility and transport, health care, and public safety, combined with a highly digitised public administration.

Closing words

Over the next several months, we will cover each of these SusTech themes in more detail. As technologies emerge that make the world more sustainable, companies at the forefront of developing technology solutions to sustainability issues may offer compelling long-term investment opportunities, in our opinion.

The companies and industries that revolve around innovations and new technologies can make for volatile investments. Implementing these themes can carry higher-than-average risk and should thus be viewed within the context of a well-diversified portfolio.



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We believe that for investors who can withstand such a higher level of risk, the secular opportunities that emerge out of these themes should contribute to portfolio performance in the long term.

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<https://www.rbcwealthmanagement.com/ca/en/research-insights/what-is-sustainable-technology/detail/>

Wit

"A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society." ~ *Billy Graham*



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Community & Home

"Home is not where you live but where they understand you."

~ *Christian Moegenstern*

House prices spiked further across Canada, despite more sellers -

By Robert Hogue

under 3min read

Prices and the start of the spring season attracted more sellers, according to early reports from local real estate boards.

Concerns about overheated markets didn't faze homebuyers one bit in March. They continued to engage in bidding contests in record numbers in most major markets across the country. There were more units to fight over, though. Soaring prices and the start of the spring season attracted more sellers, according to early reports from local real estate boards.

In the end, those units didn't stay on the market long. Buyers snapped them up in a matter of days, if not hours, leaving inventories at historically low levels (for the most part). The buying frenzy has cranked up the heat on home prices several more degrees in March. All early-reporting local real estate boards showed accelerating increases in the composite MLS Home Price Index, led by Montreal (up 22.4 percent y/y), Toronto (up 16.5 percent) and the Fraser Valley (up 16.0 percent).

Gains were far stronger for single-family homes, where inventories are especially tight and buyers willing to pay a rapidly-growing premium. Exceptionally low interest rates, changing housing needs and high household savings clearly continue to stoke demand for homes offering more living space. However, prices in some markets are increasingly difficult to justify based on fundamentals—and are poised to spiral further upward in the near term. The sharp deterioration in single-family home affordability is driving more buyers toward condos. Condo sales have picked up in recent months in several large markets, including Vancouver, Calgary, Toronto, Ottawa and Montreal. This was again the case in March. Inventories, while still ample in some markets, are gradually coming down, providing modest support for prices. The stage looks set for some firming of condo prices in most major markets in the period ahead. Here are the major market highlights for March:

Toronto area—Prices continued to soar

Residential properties got a lot more expensive across the area last month. The aggregate MLS HPI benchmark blasted through the \$1 million mark for the first time, surging 16.5 percent from a year



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ago. Single-family home prices (up 23.6 percent y/y) accounted for most of the increase though condo prices (up 2.1 percent y/y) have turned a corner and are now trending higher. Some of the fiercest bidding wars took place in suburban markets where demand remained red hot. Prices in Durham Region (up 32.8 percent y/y) and Halton Region (up 22.1 percent) continued to spike.

The rate of increase was comparatively more moderate in the City of Toronto (up 7.5 percent y/y) but that's largely because of earlier softness in the downtown condo segment—single-family home prices were up a strong 17.8 percent y/y. The surge in property values attracted more sellers in the GTA in March. Many more will be needed to temper the market. Despite easing slightly, demand-supply conditions remain extremely tight. Bidding wars and escalating prices are likely to continue in the near term.

Montreal area—Low single-detached home inventories keep sellers in command

More sellers came to market in March but their numbers still fell well short of supercharged demand. Single-family home segments remained exceptionally undersupplied despite the increase, especially in suburban locations. This kept home prices on a steep upward trajectory. Median single-family prices surged 33 percent y/y on the North Shore and got closer to the 30 percent mark in Laval and the South Shore.

Many buyers instead turned their attention to condo apartments on the Island of Montreal, of which there were still plenty to choose from. More subdued price gains—the median condo price rose just 5 percent y/y in March—no doubt also attracted some buyers. Condo resales jumped 45 percent y/y on the Island last month.

The recent influx of sellers across the entire area, if sustained, could go a long way toward de-escalating bidding contests and tempering price increases. For now, though, tight demand-supply conditions for single-family homes will continue to apply intense upward pressure on property values. Montreal's composite MLS HPI surged 22.4 percent y/y in March, the strongest gain ever recorded in the area.

Vancouver area—March was one for the record books

A bunch of new listings got the market going at a record clip in March. Home resales surged 126 percent y/y, blowing by the 10-year average for the month by 72 percent. Clearly, demand remains exceptionally hot at this stage. Despite an 87 percent y/y jump in new listings, demand-supply conditions continue to heavily favour sellers.

This mostly applies to single-detached homes where bidding wars boosted the value of a typical unit to \$1.7 million in March, up 17.9 percent y/y. Activity in the condo apartment market has also heated



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up. Condo resales sky-rocketed 129 percent y/y last month. Yet relatively high inventories continued to temper the rate of price appreciation (3.7 percent y/y).

This may not be the case much longer, however. We expect inventories to shrink as condos' growing affordability advantage over other categories fuels buyer interest. All-round tight demand-supply conditions would set the stage for even stronger advances in Vancouver's composite MLS HPI than the 9.4 percent y/y rise recorded in March.

Calgary—Market rally keeps going strong

While the pre-pandemic starting point was relatively soft, Calgary's market has quickly caught up with other red-hot Canadian markets. March resales were the strongest in 10 years—and potentially could have been even stronger were it not for low single-family home inventories. Demand-supply conditions have tightened considerably over the past seven months, significantly intensifying competition between buyers.

Prices are now rising at their fastest rate (6.5 percent, based on the composite MLS HPI) in six years. We expect further gains in the near term. Yet these gains are unlikely to threaten Calgary's affordability status. Price levels have still a long way to go before surpassing their late-2014 peak.

Edmonton

Activity was extremely hectic in March with resales soaring 110 percent y/y. Demand-supply conditions clearly favour sellers, and prices are generally going up. Edmonton's composite MLS HPI accelerated to a rise of 4.6 percent y/y, reflecting strength in single-family home categories. Condo prices are still below year-ago levels, however.

Robert Hogue is a member of the Macroeconomic and Regional Analysis Group, with RBC Economics. He is responsible for providing analysis and forecasts for the Canadian housing market and for the provincial economies. His publications include Housing Trends and Affordability, Provincial Outlook and provincial budget commentaries.

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<https://www.rbcwealthmanagement.com/ca/en/research-insights/house-prices-spiked-further-across-canada-despite-more-sellers/detail/>



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Food & Lifestyle

"Take care of your body. It's the only place you have to live." ~ Jim Rohn

Why not treat dad to a Steak Dinner Day for Fathers Day!

GRILLING STEAK LIKE A BOSS - By Ramshackle Pantry Author: Ben Myhre

4 min read including recipe

Steak isn't complicated and we walk you through it all in our easy Grilling Steak Like a Boss tutorial! So, get out your notepad, grill, and learn how to make some of the best steaks of your life.

PLANNING IS HALF THE BATTLE

The reality is that grilling steak is started far before any protein hits the heat. Having the right equipment and picking the right cut of beef for the job is critical in making the best damn steak you can. It is true that some supposedly lesser cuts of meat can be improved upon by preparing them in certain ways, but that is not our focus today. We are going to look at the cream of the crop and to get started right, you have to think about your grilling before you turn the heat on.

THE EQUIPMENT

Equipment is important in grilling steak and can change how you need to cook. With a little mindfulness, the same instructions in this post can translate to any number of grills, but the grill I use is a Weber Genesis that has a sear station. I love my grill and having a gas grill makes getting set up quick, fast, and easy. I will say that I have often considered getting a secondary charcoal grill, as there is a certain something about those charcoal flavors that is hard to replace. While I don't have a smoker, I do have a smoke box for my Genesis, so that can help a bit with the aroma and flavor.

I did consider just purchasing a charcoal Weber instead of the Genesis but ultimately decided that the ease of a gas grill was worth it for me. I mean, if it were up to me I would have a gas grill, charcoal grill, pellet grill/smoker, and probably an electric smoker. Do I need to get to a point where I have 10 grills and can't afford the steak? Ha! Today, we are going to be grilling steak on my Weber Genesis!

In addition to the grill, I use tongs and tend to use a thermometer when I want a steak done exactly. If you don't have a meat thermometer, do yourself and order yourself one now. Seriously, a good thermometer is vital to grilling. I have been known to just throw on a steak and estimate using the



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touch system, but I am not a pro and sometimes that can end poorly. If I am spending good money on a great steak, I will always use a thermometer.

I worked at a steak house for a bit and I remember the head cooks there indicating that they could tell the doneness by feel. These are guys who are doing this all day and sometimes they didn't even get it right. As a backyard griller, you might have the skill to test steaks by feel, but do you want to chance it when you are spending good money on a proper steak. Get a good thermometer and use it.

CUT OF STEAK

Up until doing research (aka eating lots of steaks) for this series, I was a T-Bone fan. Still am a T-Bone fan. There is something about that big ol' hunk of meat with that bone sitting in there that is special. Serious Eats has listed the four high-end steaks everybody should know as Ribeye, Strip, T-Bone (or Porterhouse), and Tenderloin. I still am a fan of the T-bone, but my research for this thread has led me down a bit of a rabbit hole that has expanded my tastes! RIBEYE is where it is at. There are some very good reasons to choose a ribeye for your steak grilling and here are some reasons:

1. The cut of meat is very uniform compared to T-Bones and Porterhouses. I said I liked T-Bones (which is actually two cuts of meat), but I have learned that a ribeye gives me a bit more control over temperature and doneness. So, the chances you are going to maximize the appropriate doneness are less in a T-Bone or Porterhouse, but you are more likely going to hit it appropriately with an even steak.
2. It tends to have more fat and flavor than other cuts of meat. The tenderloin tends to be more... um... tender, but it also misses a bit of the flavor. Often, you will see tenderloins wrapped in bacon. This adds both fat and flavor to the cook. The ribeye is a great cut that has tenderness and flavor, no bacon needed. On the other end of the spectrum, the sirloin strip tends to have flavor, but it also tends to be less tender than a ribeye.
3. Part of the reason I like the T-Bone is that you have this nice big bone to gnaw on. With a ribeye, you might not always get that, but you can buy it with a bone attached. If you want to get really fancy, pick up a tomahawk steak, which has a whole bunch of bone. Not all boned ribeyes have the huge tomahawk bone, however, and it is important to keep in mind that you might be paying for the experience rather than the added flavor of a huge bone.

BUYING A RIBEYE

So beef is graded. The grades we grill are Prime, Choice, and Select, with the quality being respectively lower in the order I listed them. Prime cuts are the cream of the crop and select tend to



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be lower quality. Most grocery stores will tend to have choice and select, while you can order prime cuts or your local butcher may stock them. Here in my city, prime steak does show up, but generally during special times like 4th of July or Memorial Day.

One thing to note is that a person grades these cuts visually and in bulk. So, you might find some cuts of Choice that are closer to the Prime end of things and you might find some Prime cuts that are not as great. You can occasionally find an awesome cut of meat at the grocery store that is at the top of the grade. Likewise, you might find a Prime cut that doesn't look so hot. For example, a while ago I was at a store that had Prime cuts, and the marbling looked beautiful. As a ribeye, however, they did not look normal. They were shaped awkwardly and did not look like something I would want to pay prime beef prices for. If I am going to pay a lot for a steak, I want the quality that it deserves.

For this post, I tried to find a cut of prime ribeye in the entire city, with no luck. That shouldn't keep you from finding a great steak. You can do this by just looking at it. Look for nice marbling of fat within the meat. Here is a bit of an intro.

RIBEYE THICKNESS

Leave that 1-incher in the meat case. A quality steak should be at least 1.5 inches and maybe up to 2 inches.

PREHEAT THAT GRILL AND KNOW YOUR ZONES

To grill a great steak, you have to understand what a sear is and how to get it to your optimal temperature. Your grill should be broken up into zones. One portion of your grill will be extra hot. This is where you will be searing your steak. Then, you will have a part of the grill that does not have so much heat. If you are using charcoal, this could mean having more coal on one side that is at a hotter temperature. For those of us with gas grills with multiple burners, it means having one side on high and the other side set very low. In fact, my Weber comes with a 'Sear Station' that allows for a little extra heat on one side of the grill. The sear station isn't necessary, but it does help when grilling steak to get a little extra oomph on that sear.

THE STEAK SEAR

The nice, brown, crusty outside of the steak is created through the sear and the Maillard reaction. This is what gives off that awesome smell I always get when I pass by a neighbor's yard when I KNOW they are grilling. The sear creates flavor and texture to the outside of the meat. While the meat itself will have a distinct flavor that hopefully, you will taste, the sear can be shared by all cuts of meat in different capacities.



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THE STEAK COOKING

There are a few ways to do this, but I have a preference. I like to start my cook with a sear on the hot side of the grill and then move it over to the cooler side to cook until at the perfect temp. Perhaps it is not quite baking, but it is time after the searing that brings your meat to the doneness that you prefer. I feel like it is a more foolproof way to hit that temp than the other method I mention.

There are many people who reverse sear steak. That is, they perform the cooking to bring it to doneness first and then quickly sear it at the end. This is a perfectly reasonable way to cook a steak, but not how I prefer to do this.

GRILLING STEAKS AND THERMOMETERS

If you know how to gauge doneness by touch, that is great. I have been known to do this on occasion as well, but I also have had moments when I have messed up my steak. Because of that, I like to use my thermometer most of the time. If you are spending good money on a nice ribeye, there is no shame in using a thermometer to get your desired level of doneness. I absolutely promote the use of thermometers. The level of doneness I recommend is rare to medium rare and here is a chart.

WHY DO PEOPLE HATE WELL DONE STEAKS?

First, I say grill your damn steak however you want. Don't let other people tell you how to like your food. I am guessing that 95% of the people who make fun of people for eating well-done steak don't even really have a great reason. They are just saying it because they heard someone else say it. I do think there are legitimate opinions that people have on the subject, but I just don't think most people have thought about it enough and just like to be opinionated about grilling steak for the sake of it.

I did see a great thread on reddit where a chef explained it as eloquently as I have seen. He basically explains that the entire process of a great cut of meat is designed around putting a rare to medium-rare steak on your plate. From the raising of the cattle, to the purchasing from the chef, to the recipe that shows up on your plate... it is all designed around a less-than-medium steak. If you order it well done, this chef explains that you are not going to get the meat how he means it to be served. Maybe you will be happy, but maybe not.

So, I do see that logic and there is more in that comment thread that is interesting to read. Still, at the end of the day, I like my meat red, but if you like it burnt to hell, good on you. Now, I'm not gonna lie that I probably would say something smart alecy if I bought your steak and it was a spendy slab of beef that you wanted well done. Your grill... your rules. Eat your steak how you want!



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MARINADE?

Nah. I am not going to say I will never use a marinade when grilling steak, but it really isn't my thing. I feel that a great steak does not need a marinade. About an hour or so before I grill my steak, I do lightly coat it with olive oil and then generously rub salt and pepper on it. These seasonings are meant to enhance the sear and the flavor of the crust.

grilling steak like a boss

★★★★★ 5 from 2 reviews

Prep Time: 12 Hours Cook Time: 10 minutes Total Time: 12 Hours 10 Minutes

Yield: 4 Servings

DESCRIPTION

There is no reason you can't make a killer steak and this post has all the information you need to make a wonderful steak. While this recipe says the steak is four servings... and it is... it really is one serving to me. On special occasions when I am grilling steak, I want it to be awesome and I will indulge a bit!

INGREDIENTS

- 1 Pound Ribeye
 - 2 Tablespoons Olive Oil
 - salt and pepper, to taste, but be generous
-
- The night before, unwrap steak and put on plate in the refrigerator (optional)
 - About 30 minutes before starting grill, take steak out of refrigerator and coat with olive oil.
 - Rub Ribeye with salt and pepper
 - Allow to sit outside of refrigerator
 - Preheat grill so that you will have one zone at 500 and another with indirect heat. The hot zone will be your sear side and the other will be where you cook to doneness.
 - Once preheated and grates allowed to become hot, add steak to sear side for 90 seconds.
 - Flip and sear the other side for 90 seconds.
 - Move to the other side.
 - Allow to cook for 3 more minutes on each side. The thickness of your steak will impact how quickly it cooks. Do not be afraid to measure the temps.
 - Use your thermometer to get your temp. When it reaches 125 for rare, 135 for medium-rare, or 140 for medium, remove from grill.



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- Allow to sit for 5 minutes
- Eat!

NOTES

- Choose a thick cut of steak. At least 1.5 inches.
- Make sure to know your zones and separate cooking vs searing sections.
- By a meat thermometer to make sure you can get those exact temperatures.
- Eat steak the way you want it.

<https://ramshacklepantry.com/grilling-steak-like-a-boss/>

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