

THE ULTIMATE STEAK

INGREDIENTS

1.5 inch piece of Rib Eye steak
1 tbspn butter
Olive oil
2-3 garlic cloves with skin on
Fresh herbs (thyme, rosemary, oregano, etc.)
Sea salt
Cracked black pepper

DIRECTIONS

1. Let the steak come to room temperature.
2. Preheat the oven to 350F and your pan for 8-10 minutes.
3. Season the steak all over with salt and pepper.
4. Drizzle olive oil all over.
5. Put the steak in the pan and let it sit for 2 minutes. There should be a nice crust at this point. Turn it over.
5. Add butter and cook for another 2 minutes, basting the steak repeatedly.
6. Add garlic and fresh herbs on top and place the pan in the oven.
7. Cook for 2 minutes. Check every 2 minutes until you reach your desired temperature (rare, medium, etc.) Try the thumb test!
8. Take the pan out and set the steak to cool for about 5 minutes to seal in the juices before slicing.

TIPS

1. Use a cast iron pan. The hotter you can get it, the better.
2. Lots of marbling = lots of flavor!
3. Use course black pepper to avoid burning the steak.
4. If you find that you have undercooked the steak, you can either pan fry it some more or put it back in the oven for another minute.