



Fail-Proof Steak

Time to prepare

20 minutes

Servings

However many steaks
you choose to make!

Ingredients

- Steak of choice- but aim for one which is at least 1 inch thick.*
- 1 tablespoon neutral cooking oil- avocado, canola, or vegetable
- Salt and pepper
- Butter, to finish

Directions

1. Take your steak out of the fridge at least 30 minutes before cooking it, to bring it to room temperature. **
2. Preheat your oven to 400 degrees.
3. Heat a heavy bottomed pan or cast iron skillet over medium high heat while you season the steak.
4. Pat the steak completely dry with some paper towels.

5. Salt and pepper the steak to your liking, although generally you'll use 1 teaspoon of salt per pound of meat. Don't forget to season both sides and all the edges!

6. Add the oil to the pan and when it starts to smoke, add the steak.

7. Sear for 1-2 minutes, until a golden brown sear is achieved. Then flip and repeat on the other side. If your steak has a strip of fat along the edges, you'll want to flip it on its side and sear this as well. This is called rendering the fat.

8. Slide the pan with the steak into the oven to finish cooking. Or if your pan is not oven safe, transfer to an oven safe plate to finish cooking on.***

9. Remove the steak when it is 5 degrees from the desired temperature, as it will continue to rise in temperature even off the heat.**** Place on a plate.

10. Put a pat of butter on the steak to melt for a finishing touch and rest for 5-10 minutes before slicing into it. This allows the juices to evenly redistribute.

Enjoy!

*Thicker steaks are easier to cook, while thinner steaks dry out faster.

**If you forgot to bring your steak to room temperature (as I frequently do!) and you don't have time to let it sit out for 30 minutes, just place the steak in a ziplock bag, remove the air and let it sit in a bowl of hot water for about 5 minutes. This should bring it to room temperature much faster!

*** It varies greatly how much time your steak needs in the oven to finish cooking. It depends on the thickness of your steak, how long you seared it, and whether you switched it to a different pan before baking. Generally, it will need 2-3 minutes in the oven per inch thickness.

****The best way to tell if your steak is done is with a meat thermometer! I highly recommend getting one, so you don't have to guess what temperature your steak is at.

Rare- 120 degrees Fahrenheit

Medium Rare- 130 degrees Fahrenheit

Medium- 135 degrees Fahrenheit

Medium Well- 140 degrees Fahrenheit

Well Done- 150 degrees Fahrenheit