

Seared Steak

INGREDIENTS

Steaks about 1 1/4 inch thick
1 TBSP vegetable oil
Salt
Pepper
2 TBSP butter
2 cloves garlic, chopped

TOOLS NEEDED

Skillet to fit steak
(Do not use nonstick as this will ruin the coating on the pan. Stainless steel or cast-iron work great.)

DIRECTIONS

Let steak sit on counter for 30 minutes then pat dry with paper towel. Heat vegetable oil in skillet on medium-high heat until hot. Generously season both sides of steak with salt and pepper and place steak in pan. Allow to cook for 3-4 minutes without moving. Flip steak only once and allow it to cook about 3 more minutes, or until about 10 degrees away from desired temperature. Reduce heat to low, add in garlic and butter, spooning mixture over the steak until final temperature is reached. Allow steak to rest on plate for 5 minutes before eating.

Superhero Tip: Ribeye and New York Strip are both great cuts of meat for this recipe – they have great flavor for a dish that is low on seasoning.

Second **Superhero Tip:** Serve with my easy roasted potatoes recipe – you can put them in the oven and then focus on cooking the steak.

Shank You Very Much

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