

# PAN SEARED STRIP STEAK



## INGREDIENTS

- New York Strip Steak
- Neutral oil, like vegetable or grapeseed
- Butter
- Salt & Pepper
- Cast Iron Skillet

## STEP THREE: THE SECOND SEAR

Turn the heat down to medium-low. Continue to cook the steak, flipping every two minutes. The timing really depends on the size of the steak, but in general, 12 minutes of this will get you to medium rare, and 15 or so will take you to medium.

## STEP FOUR: THE SECOND REST

When the steak is done, season (on both sides) with salt and pepper to taste.

Put the steak on a serving dish of some sort, place a few pads of butter on top, and tent with aluminium foil.

Let the steak rest for about 10 minutes, then slice on a diagonal to make it look really nice.



## STEP ONE: REST THE STEAK



Sprinkle salt on every surface of the steak and let it sit at room temperature for 30 minutes.

I take my naps the same way.

## STEP TWO: THE INITIAL SEAR

Heat a cast iron skillet over medium-high on the stove until it is very hot. Add a few tablespoons of oil (something neutral - not olive oil) and when it's hot, sear the steak for two minutes on each side. Don't move it around in the pan, you want to let a nice, brown sear develop.

