

How to Professionally Cook a Steak the Steakhouse Way

Ingredients:

2 filet mignon or rib eye steaks

Canola or vegetable oil (use a high heat oil – not olive oil).

Salt and pepper to taste

1 1/2 tablespoons butter

Instructions:

- Open the package and drain out any juices. Blot the steak dry with paper towels or a rag. Let the steak come to room temperature.
- Turn on your oven's broiler and place an oven rack 6 to 8 inches below the broiler element. Put a cast iron skillet on the rack in the oven to heat up at the same time the oven is preheating.
- Brush oil all over the steak, coating it generously on both sides and on the ends. Sprinkle the salt and pepper generously on both sides of the steak, patting it into the steak so it sticks.
- Turn the stove burner on high heat
- After 15 minutes in the oven, using silicone hand pot holders, transfer the cast iron pan to the stovetop.
- Pat off any excess oil from the steaks! You don't need it and you can end up with a really smokey kitchen.
- Use long kitchen tongs to place the steak on the hot pan. It should sizzle immediately.
- Cook the steak for 30 seconds, then flip it over. Cook the steak for an additional 30 seconds on the other side. Then place the pan in the oven.
- Cook the steak for 2 minutes. Open the oven and carefully flip the steak, using the long tongs. Return

to the oven and cook for an additional 2 minutes. At this point your steak will be medium-rare. If you prefer your steak closer to medium, add 2 minutes to the oven time. If you prefer rare, use a thermometer and cook the steak to at least 140 degrees.

- Remove the steak from the oven and put it on a large cutting board. Cover it with aluminum foil and let the steak rest for about 5-10 minutes. Source : allrecipes.com