



COREY SIEGEL

PAN ROASTING A STEAK

INGREDIENTS:

- 75 Gr Olive Oil or Rendered Beef Fat
- 16oz T-Bone Steak
- 1 EA Shallot (Cut into Quarters)
- 3 EA Garlic Smashed
- 5 EA Thyme Sprigs
- TT Freshly Ground Black Pepper
- TT Kosher Salt
- 50 Gr Whole Butter

METHOD:

1. Preheat an oven to 375F.
2. Heat a cast iron skillet on a medium high heat.
3. Add the oil or beef fat to the pan followed by the meat with the most attractive side touching the pan first.
4. When you start to see browning on the edges, lift the steak and place it back down to allow the fat to evenly brown the meat in the center.
5. Once the steak is evenly browned on the first side, flip it over in the pan.
6. Add the shallots, garlic, thyme and whole butter and baste the meat with a spoon a few times.
7. Pile everything in the pan on top of the meat and place in the oven for about 4-8 minutes depending on the thickness of the steak.
8. Remove the steak from the pan and allow it to rest on a rack for about 5 minutes and enjoy.

NOTES:

Visit your local farmers market to find people in your community raising high quality beef. The flavor is usually far superior to what you can find in the markets, it is locally raised and you are giving back to the community. If you can find dry aged beef, it is an even more exciting treat.