

Steak at Home

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Ever wonder how restaurants make that perfect sizzling steak? Well I can teach how to pan sear the perfect steak at home and get that beautiful caramelization just like a pro! All you need is a few ingredients...

Here's how I did it...

- Boneless Ribeye – or use skirt or ny strip steaks too
- 2 tbsp of butter
- 2 tbspn of olive oil
- 3 cloves of garlic
- 2 sprigs of rosemary or thyme
- Fresh cracked pepper and salt

For your steak you want something at least 1 inch—1 ½ is even better! I prefer boneless ribeye steak because of all the marbled fat. But New York strip steak is another great option. If you want to do something thinner like a flank or skirt steak, you'll need to reduce the amount of time per side. Depending on thickness, it could be as quick as 3 minutes per side.

In a medium skillet over medium-high heat, heat oil. Place your steak on flat surface and pat dry with paper towel. Season steak with salt and pepper on both sides. Be liberal with the pepper and salt. When oil is just about to smoke, add steak. Remember to lay the steak away from you to prevent oil splashing on you. Cook about 7 minutes, then flip and add butter garlic and herbs. Tilt the pan slightly letting melted butter and garlic fall to the edge and with a spoon baste let the aroma of the garlic and herbs cook the steak adding extra flavor and let cook another 5 minutes or until internal temperature reaches 140 for medium and or 130-135 for medium rare. You can also touch the steak if it feels gummy it's in it's rare form the tougher it feels to press the more cooked the steak becomes! Now the most important part of this steak is letting it rest. You've heard it a thousand times before, but it is always worth repeating. Before you cut into that beautiful hunk of meat, let it hang out for at least 10 minutes. You don't want to lose all of those amazing juices.

I love pairing my steak with a good side salad or a great baked potato! Here's my baked potato recipe:

- Russet potatoes – scrubbed clean
- Olive oil for coating
- Fresh cracked pepper
- Salt
- Butter for topping
- Cheese use your favorite and or chives for topping

Preheat oven to 350°. Prick potatoes all over with a fork and rub with oil, season generously with salt and pepper. Place potatoes directly on an oven rack and roast until very soft when squeezed and skin is crisp, 60–75 minutes. Cut open each potato, season with salt and pepper and top with butter, cheese and or chives.