

pan-seared strip steak

RECIPE COURTESY OF KATIE BUTTON

INGREDIENTS:

- 1 strip steak (about 12 ounces)
- 1 teaspoon kosher salt
- 2 tablespoons grapeseed oil

ACTIVE TIME:

20 minutes

TOTAL TIME:

20 minutes

EASE OF PREPARATION:

Easy

YIELD:

1 serving

INSTRUCTIONS

1. Turn on the kitchen fan -- a proper sear creates smoke. Season the strip steak on all sides with the salt. Heat the grapeseed oil in a large cast-iron skillet until almost smoking. Heat is very important here; the oil will make legs or waves across the pan when it's ready.
2. Add the strip steak into the hot skillet. The steak should sizzle immediately when it hits the pan. Turn the heat down to between medium and medium-high. Gently press the steak down into the pan with a spatula for a couple of seconds. Leave the steak undisturbed for 3 to 4 minutes, or until the first side has a caramelized crust, for medium rare (see Cook's Note).
3. Flip it and continue cooking on the other side, 3 to 5 minutes. For medium rare, the steak should reach an internal temperature of 130°F to 135°F. Remove the steak from the pan and let it rest for 2 to 3 minutes before slicing.

COOK'S NOTE: *Adjust the cooking time on each side to reach the desired doneness.*