

Perfect Steak in a Skillet



Fresh ingredients are always best. But if fresh is too expensive or unavailable (or you left the last ones in your fridge too long and now they've molded), try my **perfect Steak Searing Blend!** It's got the PERFECT proportions of each spice, and comes in a grinder bottle for the freshest taste off the shelf.

1. Starting with room temperature steak (I prefer NY strip), gently press in **Ryan's Back to Basics Steak Searing Blend** (or hand-ground salt, black pepper, thyme, rosemary, and garlic). Season both sides heavily. **DO NOT START COOKING UNTIL STEAK IS ROOM TEMPERATURE.**
2. Add 1-2 tablespoons of olive oil to a skillet. Heat at 80-100% heat until oil starts to smoke.
3. Lay steak in skillet; sear for **2 minutes** on each side.
4. Drop heat to 40-60%, cook steak for another **1 minute** on each side. In this phase, add generous amount of butter, and spoon the grease over the steak continuously.
5. Set steak on plate, and cover with greases from skillet. Waiting about 5 minutes before cutting allows steak to finish cooking passively.

These instructions should make a medium-rare/medium single NY strip steak and a 9" iron skillet. For more/less doneness, try adding/subtracting 30 seconds from each side during step 4, respectively.

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with this
cooking video!**

