

John & Imee's Favorite Uncle Bob's Steak

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1. 16-20oz Ribeye steak (1-1.5 inches thick)
2. To taste Uncle Bob's Spicy Seasoned Salt & Garlic
3. Onion Pepper Blend

Directions

Season both sides of the steak with the Spicy Seasoned Salt and Garlic Onion Pepper Blend. Wrap in foil and place in fridge overnight. Remove from fridge and bring to room temperature. Place cast iron grill/pan in oven and heat to 500 degrees. Once 500 degrees is reached, remove pan and place on stove top burner set on high. Lightly coat both sides of steak with cooking oil and brown sugar. Place steak in pan and sear each side for one minute. Place pan in oven and cook each side for 3 minutes. Remove pan and tent with foil for 10 minutes (10 minutes for medium; 5 minutes for medium rare).