

Cast Iron Seared Strip Steak with Herbs and Butter

2 thick inches of cast iron seared, butter basted, prime, beefy goodness...
So much for meatless Monday.

20MIN

Total Time

- 1 New York Strip Steak
- 1 Tbsp Oil
- 2 Tbsp Butter
- 3 sprigs Fresh Thyme
- 3 sprigs Fresh Rosemary
- to taste Salt
- to taste Ground Black Pepper

Cooking Instructions

Step 1

Preheat the oven to 400 degrees F (200 degrees C).

Step 2

Remove your New York Strip Steak (1) from the fridge and allow it to come to room temperature.

Step 3

Heat a cast iron skillet over a high flame 'till very hot. Season steak liberally with Salt (to taste) and Ground Black Pepper (to taste) ; cook in the skillet with Oil (1 Tbsp) . Cook 'till deep brown and crusty on the bottom — about four minutes.

Step 4

Flip the steak, and add the Fresh Rosemary (3 sprigs), Fresh Thyme (3 sprigs) and Butter (2 Tbsp) . Baste the steak with melted butter.

Step 5

Place in the oven and cook 'till done to your liking — about 8 - 10 minutes for medium rare, basting occasionally.

Step 6

Let steak rest at least 5 minutes before cutting.

