**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.