

Butter Basted Steaks

10.25" CAST IRON SKILLET

1" THICK WELL MARBLED RIBEYE

OR FILLET MIGNON STEAK KOSHER SALT

BLACK PEPPER

FRESH ROSEMARY

3-4 CLOVES OF FRESH GARLIC (PRESSED)

EXTRA VIRGIN OLIVE OIL

1/2 CUP BUTTER

Tammy's Tip: Time of Salt is Crucial: Best if salted 24 hours prior to cooking. If you do not have time, salt immediately before cooking.

Preheat an iron skillet in oven at 400 degrees for 20 minutes. Place on cooktop - high heat. Put 1/2" of olive oil in skillet. Place steak into hot skillet with tongs and sear on both sides for 3 minutes per side.

Quickly remove steak and pour off oil.

Add butter to skillet, add steak and then fresh garlic and rosemary. Hold skillet handle with oven mitt and slightly tilt skillet. This will make butter collect deep enough to collect it in a spoon. Continually baste the steak by spooning hot butter on top of steak for 1 minute per side. The hot butter will brown the steak and create a delicious crunchy sear. The garlic and herbs will season the butter as steak bastes.

"This steak should be medium well but using a meat thermometer will ensure the correct cook for your preference." - Tammy