



Perfect Pan Seared Steak

Gather the ingredients.
10 oz ribeye or 2-5 oz tenderloins
sea salt
black pepper
rosemary
garlic
olive oil & butter



- Prepare the steak.**
- heat a cast iron or stainless pan on medium high heat
 - salt & pepper both sides of the steak and rub gently
 - add oil when the pan is hot
 - place steak in hot oil
 - turn heat to medium-sear uncovered 3-5 minutes per side turning only once
 - after turning the steak, add butter, garlic and rosemary, use a spoon to baste steak with sizzling butter
- Serve the steak.**
- turn off the heat
 - put steak on a plate, tent with foil, rest 3-5 minutes
 - adjust the seasoning of the melted butter if needed
 - pour steak juices from the plate into the melted butter-bring back to a boil
 - place steak on a cutting board, carve 1/2 inch slices
 - fan the steak onto plates
 - drizzle with the butter, garlic and rosemary