

Cast Iron seared Rib eye

Cast Iron Seared Rib-Eye Steak Serves: 3 Hands On Time: 20 minutes Total Time: 1 hour and 30 minutes

Ingredients 3 (10-ounce) rib-eye steaks 1/4 cup extra-virgin olive oil 2 tablespoons kosher salt 2 tablespoons coarse black pepper Instructions Lay the steaks on a piece of parchment paper. Brush one side of each steak with olive oil, then sprinkle the first side with half of the salt and half the steak seasoning. Flip the steaks over and repeat on the opposite side. Let the steaks sit until they come to room temperature, about 1 hour. Meanwhile, heat a grill to high. If your grill has a temperature gauge, shoot for around 550 degrees. Place a large cast iron grill pan skillet inside the grill to heat or on the stove and finish in a 500 degree oven. Place the steaks vertically into the hot cast iron skillet, fat cap side down. If you have one, insert a probe thermometer (not an instant-read) into the final steak. Close the lid on the grill and sear for 2 minutes. Turn the steak so they are flat on one side and cook for 5 minutes. Flip the steaks and cook on the second side until the thermometer reads 120 degrees (for medium-rare), about 5 minutes. Transfer the steaks to a cutting board and let rest for 10 minutes before serving. I like to serve mine with feta cheese.