



Heavy Metal Steak

Yields: 2 Steak (Serves 4)

Total Time: 40 Minutes (plus resting time for steak at 30 minutes, and an hour of fridge time for the butter)

Imagine being able to make the absolutely perfect steak. Now imagine being able to do it without using a grill... Don't worry. We got you. This recipe allows you to create restaurant-quality, grade A steak, topped with a supremely gourmet compound butter. Odds are good that if you make this dish for someone, they're going to ask if you've ever worked in a steakhouse, and then suggest you open your own restaurant. The best part? This isn't difficult to do! We lay out the steps to make the perfect medium rare steak (we use ribeye, but you can use filet mignon or any cut) with a butter that will require nothing else to impress your date, wife, husband, lawyers, fans, kids, whoever. It doesn't matter. All this steak does is win, win, win, so put those hands up for a dish that is hands down a championship meal. This is super quality steakhouse-level meat, done right in your own kitchen.

Ingredients

- Paprika and rosemary compound butter (ingredients/directions below)
- 2 Two-inch thick ribeyes
- Cast iron skillet (this is necessary for this dish; using a pan that can go from stovetop to oven can work, but not as well)
- 2 tsp salt
- Salt and pepper to taste
- 3 Tbsp of salted butter

Ingredients for Rosemary Compound Butter

- 1 stick of room-temperature, unsalted butter
- 1 Tbsp of chopped fresh rosemary (or 2 Tbsp of dried rosemary)
- 1 tsp of smoked paprika
- 1/2 tsp of table salt
- Parchment paper



Directions for Rosemary Compound Butter

- In a mixing bowl, combine the butter, rosemary, and smoked paprika, and mix with a spoon or a hand mixer
- Roll the butter into a log on the parchment paper
- Refrigerate for a minimum of 2 hours before using (can stay in the fridge for a while if you want to make it in advance)

Directions

- Heavily salt each side of the steak, and you can add a little pepper if you like
- Let the steaks sit out in the kitchen for at least 30 minutes before starting to cook
- Preheat oven to 415 degrees
- Add your butter to the cast iron skillet, put it on your stovetop, and heat it to high, getting the skillet really, really hot
- Place the steaks in the pan, with space between them, and sear for 2 minutes straight
- Flip the steaks, and sear for an additional 2 minutes
- With oven gloves on, move the skillet into the oven, 4 minutes for rare (recommended), 5 for medium rare (still awesome), Medium 6-7 minutes (ehhhh...), or 8 for medium well (ummm...)
- Remove from the oven, put slices of the compound butter on the meat, and put a piece of tinfoil over the steaks and let sit for 5 minutes
- ..it's about to get real