Steak Basics (Grill, Cast Iron, Reverse Sear)

Quick · Serves 4

Ken's note: TBD

Strip, ribeye, sirloin, filet, flat iron: the method is the same. Pick the way that fits the thickness.

Ingredients

- 4 steaks, 8–10 oz each
- Kosher salt, about ½ tsp per steak
- Black pepper
- Neutral oil
- Butter, garlic, and thyme (for the pan)

Method

1. Salt the steaks at least 40 minutes ahead (or the day before, uncovered in the fridge). Pat very dry before cooking. Salt again only at the end, if needed.
2. They climb about 5°F while resting. Rest 5 minutes on a plate, not covered tightly.
3. **Grill (1–1½ inches thick).** Heat to high with clean, oiled grates. Cook 3–5 minutes per side with the lid closed, flipping once. Thicker steaks: sear both sides, then finish on the cool side.
4. **Cast iron (1–1½ inches thick).** Heat the skillet until it just smokes, add a film of oil, and lay the steaks in. Leave them 2–3 minutes until a dark crust forms, flip, and cook 2–3 more. Add 2 Tbsp butter, 3 smashed garlic cloves, and a few thyme sprigs for the last minute; tilt the pan and spoon the butter over.
5. **Reverse sear (1½ inches and up).** Heat the oven to 250°F. Roast the steaks on a rack over a sheet pan until 115–118°F inside, about 30–45 minutes (start checking at 25). Sear in a smoking skillet 45–60 seconds per side, with the butter, garlic, and thyme at the end. Final temperature about 125–130°F. See Reverse-Seared Steaks with Horseradish Cream.

Notes

Doneness (pull at these)

- Rare: 115–120°F
- Medium-rare: 125–130°F
- Medium: 135–140°F
- Medium-well: 145°F

Pan sauces and extras

- **Red wine:** after the steaks come out, add a minced shallot to the pan, then ½ cup red wine; reduce by half. Add ½ cup stock, reduce again, then swirl in 1–2 Tbsp cold butter.
- **Peppercorn cream:** see Steak au Poivre.
- **Horseradish Cream, Chimichurri, Béarnaise, or Red Wine Reduction Sauce** (all in Sauces).
- **Butter:** a coin of herb butter, or cowboy butter (Compound Butters, in Sauces), on the hot steak.
- **Sides:** Grilled Asparagus, Smashed Brussels Sprouts, Caramelized Onions, Creamed Spinach.