



HOW TO:

COOK THE PERFECT STEAK



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Grill: This tends to be the cooking method of choice for meat-lovers! Make sure your grill is hot (at least 450°F). Brush and rub the steaks with olive oil, then season with kosher salt and black pepper. Once it's on the grill, reduce the heat to medium. After 4-5 minutes* (depending on thickness), it's time to turn the steak over and let it go another 4-5 minutes on the other side. This will cook the steak to medium doneness. Adjust the cooking time to your desired liking, then let stand for 5 minutes prior to cutting.

**Cooking times based on a 3/4"-1" steak*

Sauté/Fry: Fire up a pan on medium heat and warm up a teaspoon of olive oil for one minute. Add kosher salt and black pepper to both sides, then lay your seasoned steak in the pan. Cook for about 4 minutes on each side (depending on thickness), then carefully remove. Let stand for 5 minutes prior to cutting.

Oven Roasting: Preheat the oven to 450°F and grab a heavy oven-safe frying pan (cast iron). Turn the stove top burner to medium high heat and warm skillet until hot. Drop a teaspoon of olive oil in the pan and let it heat up, then season steak with olive oil, kosher salt and black pepper. Sear steak for about 60 seconds on each side to help seal in juices. Next, place pan in the oven (or transfer steak to a cookie sheet) and place in oven to finish cooking. Roast steak for 6-9 minutes (depending on thickness), then carefully remove. Let stand for 5 minutes prior to cutting.