



## *Garden Fresh Farm Recipes*

# Cast Iron Skillet Steak

Cook the perfect steak every single time in your cast iron skillet. Cooked with garlic, butter and fresh herbs, it's easy and impressive!

### **Ingredients:**

2 Ribeye or New York Strip steaks about 1- 1 1/2 in thick  
1 tablespoon olive oil  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
2 tablespoons butter  
2 sprigs fresh rosemary and / or fresh thyme  
2-4 garlic cloves smashed

### **Directions:**

Allow the steaks to come to room temperature for 30 minutes. Then pat them dry with a paper towel and season with salt and pepper.

Heat olive oil in a cast iron skillet over medium-high heat until it's shimmering.

Place the steaks in the skillet and cook for 4 minutes on one side without touching. Use tongs to flip the steaks and cook for 4 more minutes on the other side.

Reduce heat to medium-low, add butter, garlic and rosemary or thyme sprigs. Once the butter melts, tilt the skillet and spoon the butter over the steaks repeatedly until the steaks reach desired doneness, keeping in mind that the temperature will continue to rise about 5 degrees after you remove from heat and the steaks rest.

Let the steaks rest for 5 minutes before slicing and serving.