



EASY CAST IRON RIBEYE

WITH AN EXCELLENT CUT LIKE RIBEYE,
U DON'T NEED TO GET TOO FANCY!

- 1 boneless rib eye steak 1 1/2 inches thick
- canola oil to coat
- kosher salt to taste
- ground black pepper to taste

- 1** Place a 10-to-12-inch cast-iron skillet in the oven and heat the oven to 500 degrees F. Bring the steak to room temperature.
- 2** When the oven reaches temperature, remove the skillet and place on the range over high heat for 5 minutes. Coat the steak lightly with oil and sprinkle both sides with a generous pinch of salt. Grind on black pepper. Immediately place the steak in the middle of the hot, dry skillet. Cook 30 seconds without moving.
- 3** Turn with tongs and cook another 30 seconds, then put the pan straight into the oven for 2 minutes. Flip the steak and cook for another 2 minutes. (This time is for medium-rare steak. If you prefer medium, add a minute to both of the oven turns.)
- 4** Remove the steak from the skillet, cover loosely with foil and rest for 2 minutes.
- 5** Serve whole or slice thin and fan onto plate.