

How to Cook Beef Chuck Steak on Stove Top In Skillet

We use a simple, no-frills method to keep things simple.

Part 1: Ingredients & Tools

Before we kick off, here is what you should have:

- 200g / 7oz chuck steak (ideally organic grass-fed and matured)
- 1 tbsp ghee/coconut oil
- Pack of kosher/flaked salt
- Freshly ground pepper

Along with some basic tools for cooking steak:

- Thick-walled heavy skillet (forged aluminum is great for its non-stickiness)
- Tongs for flipping the steak
- Instant meat [thermometer](#)
- Paper towels

Part 2: Step-by-Step Chuck Steak Cooking Guide

Step 1: Return Your Chuck Steak to Room Temperature First

You really can't underestimate the importance of this tip. Getting your steak back to room temperature helps insure more even cooking, while avoiding a cool center.

Some might say 20 mins at room temperature is fine, but I always recommend at least twice that amount.

Some larger steaks can take up to an hour, but for a 7-oz. cut I suggest 40 minutes.

This can also help with properly searing the meat, which is what you want happening from the second the cooking begins.

Step 2: Dry Your Steak for Better Browning

You'll want your steak to have that perfect browning we associated with a well-seared cut of beef – and one of the tips experts rely on for this is patting down both sides of the cut with a paper towel or napkin prior to cooking.

This draws away moisture from the surface, which helps with balanced cooking and proper coloring.

Step 3: Adding Heat to Your Skillet

Go ahead and turn your burner up to maximum level.

Toss in a single tablespoon of either the ghee or coconut oil and maintain the heat until you see light smoke rising from the surface.

After another 10 seconds at this level, and you are officially skillet-ready.

Don't rush this stage, even as it takes an electric stovetop 10 minutes or more to reach the desired effect. It's too crucial to rush.

Step 4: Season With Salt

We hold off on pepper until we've almost fully cooked the steak, but for salt we begin with two 3-finger pinches for each side of your chuck.

That means using your thumb along with your forefinger and middle finger – again twice for each side.

Rather than table salt, we go with the kosher salt, or flaked salt, which is less salt-intense per volume and will help insure you don't over-season.

Step 5: Time to Sizzle

Once you've seen your skillet releasing thin white smoke from its surface for at least 10 seconds, it's time to begin the magic.

Carefully glide your cut into the center of the skillet and you should instantly hear the fireworks as the remaining moisture quickly starts to burn away.

WORTH REMEMBERING

Don't forget that this article is geared toward a medium-rare level of doneness.

Your instant-read thermometer will guide you well here.

It will help you to avoid tough steaks from overcooking as well as poor texturing for undercooking.

Step 6: How Long For Each Side?

For medium-rare a total of about 6 minutes is called for, searing 3 minutes on each side.

Though concerns like your individual stove and its ability to generate heat can alter the timeframe, 6 minutes is usually a good average on a well-functioning stovetop.

Remember your goal should be to flip it only once, after all that's how the pros do it. Trust a kitchen timer to keep you on course.

ALSO WORTH REMEMBERING:

You'll want to turn to your meat thermometer just as your second side is completing its searing.

About half a minute before your 3 minute cooking time is up, you should be looking for a range of 55-57C / 130-135F.

You should add about 30-60 seconds per side until proper temperature is achieved.

Step 7: Take a Quiet Moment

After all this, your steak needs a breather – a calming resting period to soak in all its glory while cooling down just a tad.

Go ahead and pepper both sides at this stage, using your tongs.

Then cover it on a plate with foil for about two minutes. This is also a key step never to be skipped.

Step 8: Cut & Serve

I recommend cutting against the muscle grain on your cut.

This technique will also help insure no bursting of juices on the first cut. That can deplete the flavor from bite to bite.

Serve it up with a choice garnish and you are ready to dig in.

It is convenient, EASY-to-print and includes these awesome photos from above!

Though we've reached the end of the cooking phase, here are some additional tips to better guarantee success.

Part 3: Tips on Buying Quality Beef & Ingredients

- [Part 1: Ingredients & Tools](#)
- [Part 2: Step-by-Step Chuck Steak Cooking Guide](#)
- **Part 3: Tips on Buying Quality Beef & Ingredients**
- [Part 4: Cooking Tips & Tricks](#)

We've covered the [best techniques for prepping a great chuck steak in Part 1](#), but before we turn to [trying recipes in Part 3](#), let's take a closer look at some of the options out there when buying beef.

What to consider:

- **Organic grass-fed.** Whenever available and possible, this is the approach I recommend most strongly. This type of beef is clear of the antibiotics and heavy growth hormones typically seen in most widely-available cuts. The animals were raised in a more traditional setting rather than herded into small, packed pens for most of their lives. Experts will tell you, it's a difference you can most certainly taste.
- **Dry-aged and Matured.** Some people are wild about this choice, where moisture is slowly pulled from the cut during a process that can take up to a month. This also helps concentrate the beef's flavor beautifully when done right, but trust a professional to do the heavy lifting here. Otherwise you risk souring the meat. If you get a chance, go try 14- and 21-day matured chuck steak. See what you think – this is very individual.
- **Weight / thickness.** Look for a maximum one-inch width here. Overall, I recommend about seven to nine ounces for a single person. This of course remains a matter of personal tastes and appetites.

Get Prepared With the Right Tools

You've learned the process and selected a prime cut – but what tools do the experts turn to for the job?

Like a carpenter, you'll want the right of screwdriver.

These are pretty much absolute necessities:

Skillet

When it comes to skillets and steaks, the heavier the better.

In order to achieve the best effects of a great chuck steak, you should start with a quality skillet. It helps with cooking time, thoroughness, heat balance and presentation.

A thicker pan or skillet simply holds the heat better, and it recovers much more quickly from a temperature variation as opposed to a lighter pan. This is quite useful in the warming up phase.

It also helps guarantee searing goes well for that brown, crusted effect everyone wants.

Like many professional cooks, I like cast-iron – though many laud the benefits of forged aluminum. Look for a non-stick surface either way.

I always recommend people pay close attention to the quality of the handle, looking for a more secure, two-pinned support.

It aids with transferring the skillet from stovetop to oven if it's needed. Plus you want a handle that will at least try to last as long as the base.

It's also quite crucial to not make the easy mistake of mismatching a skillet that's oversized for your actual burners. This can compromise the balance of heat.

Tongs

Though not essentially for prepping a good steak, it is non-the-less quite helpful for ease of use.

A simple pair of tongs allows fast and simple turning, like the pros.

They're especially useful in searing if multiple flips do prove necessary.

Invest in a pair, they're truly worth their weight in gold.

Salt

Density is a key issue when it comes to salt. Avoid the table salt, instead turning to flaked or kosher salt.

Manufactured as a thicker salt but less potent in flavor, it helps coat the surface for better browning.

Table salt can more easily lead to over-salting, so invest in the right type for the full effect you want.

Pepper

When it comes to aroma with a steak, pepper is a big part of it.

Freshly-ground black peppercorns work best for this, and should be ground just prior to completing the cooking.

Standard pepper will work in a pinch, but why not go all the way?

Oil

You definitely want to avoid corn oil, vegetable oil a blended oil when cooking steak. That's an amateur mistake.

My recommendation is always ghee or coconut oil, as it's a lighter flavor choice. It helps with proper searing without skewing the flavor.

Go with one tablespoon per steak.

Temperature [Probe](#)

Verifying the necessary temperature for a fully cooked steak is a smart move, especially for those unfamiliar with proper meat preparation.

It's important to safety, but that simple tool can also help you gain greater familiarity with how cooked the meat should be at each step of the process.

Finally let's turn to some techniques that will really help you perfect the full process.

Part 4: Cooking Tips & Trick

- [Part 1: Ingredients & Tools](#)
- [Part 2: Step-by-Step Chuck Steak Cooking Guide](#)
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- **Part 4: Cooking Tips & Tricks**

Now let's turn to some additional tips and tricks I've discovered over the years that will take your steak experience even further.

Tip #1. Explore different marinades to find your own personal favorites. Not only does this technique go a long way in flavoring, it also helps tenderize your chuck steak.

Tip #2. Trust the recommended cooking times in case you don't have a meat thermometer.

Tip #3. This one is a doozy, adding a dab of organic grass-fed butter to your cooking surface about 60-seconds before completion of the second side. It kicks up the aroma and more importantly the flavor. Also adding 2 garlic cloves fully crushed along with 3 rosemary sprigs can add flavor, but also can assist with the searing. Remember though that butter should not be used along with an acid-based marinade (such as one with lemon or fruit additive) as the combination can sour the flavor.

Tip #4. Restaurants often pre-heat their serving plates to help retain heat through the dining process. It helps insure your final few bites are as delicious as the first. You'll want to use ceramic plates with the oven set at around 80C / 180F for just a few minutes.

Tip #5. Sometimes our steaks are ready before we are. If that occurs, you can transfer the entire skillet to the oven preheated at 50C / 120F to keep them ready-to-go without actually cooking them further.

Tip #6. Another big tip, make good use of those fantastic pan drippings as a most excellent steak sauce. Adding just 3 drops of lemon juice (again, without the use of butter) and you'll be able to dribble this out over your entire cut.