

How to Cook any Steak On Stove

The cooking steps listed in this guide are universally applicable to any steak - round, sirloin, rib eye, filet mignon, flat iron, striploin etc.

Part 1: Ingredients & Tools

- 400g / 14oz steak
- 1 tbsp ghee/coconut oil
- Pack of kosher/flaked salt
- Freshly ground pepper
- Thick-walled heavy skillet (forged aluminum is great for its non-stickiness)
- Tongs for flipping the steak
- Instant meat thermometer

Part 2: Cooking Steps

Step 1: Bring the Steak to Room Temperature

Take the steak out from the fridge at least 40 minutes before preparation.



Step 2: Pat Dry Steak

Use paper towels to dry the steak's surface using light tapping motions.



Step 3: Add Cooking Oil and Heat Up the Skillet

Till seeing light smoke coming off its surface; wait for 40 seconds and it's ready to go.



Step 4: Season both Sides with Salt

I recommend you start with 2-3 pinches per side of 400g / 14oz steak.



Step 5: Put the Steak Inside the Skillet

Put your steak inside the pan and hear the sizzling sound.



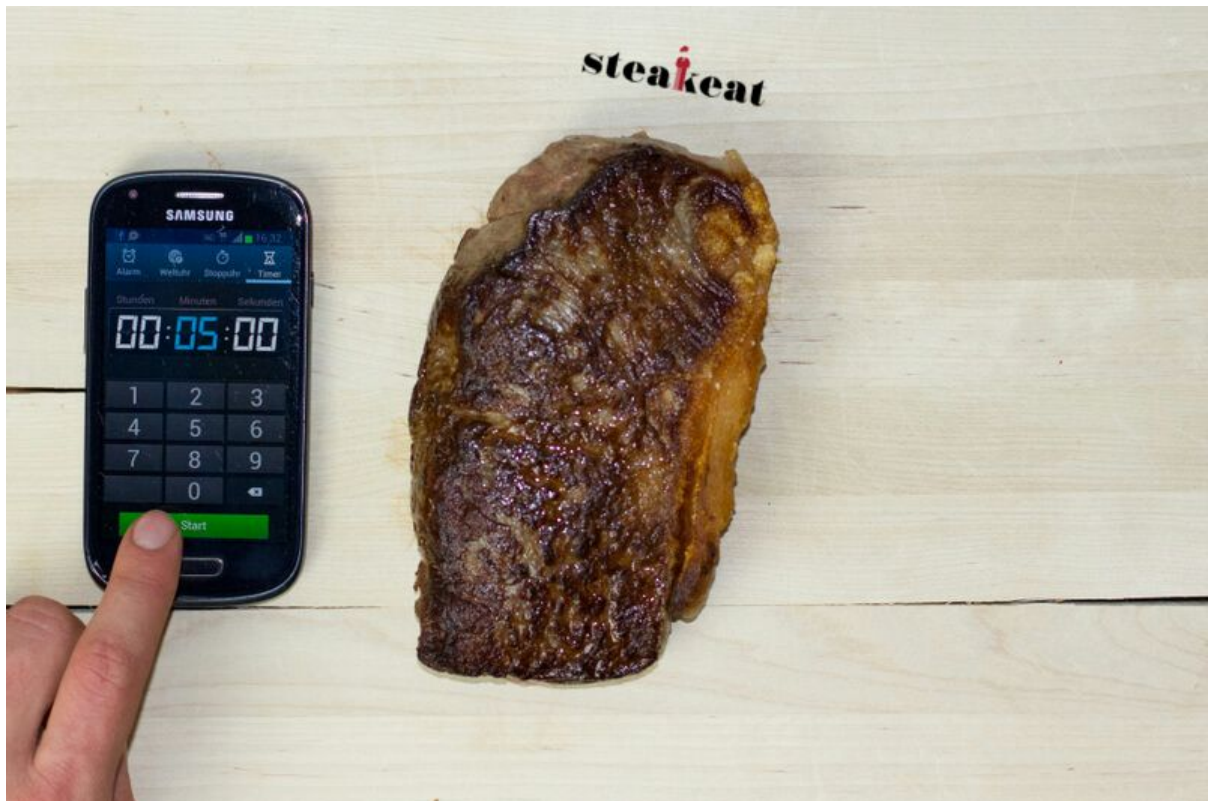
Step 6: Flip the Steak Once

After searing it for 2-3 minutes per side for medium-rare.



Step 7: Rest the Steak on a Cutting Board/Plate After Searing

Keep it there for 4-5 minutes to let the juices inside stabilize.



Step 8: Season with Freshly Ground Pepper, Cut & Serve

Cut the steak across the grain, serve on its own or with some healthy garnish. Enjoy!



Have you any questions regarding this cooking method or something else
steak-related?

Just reply to the email you got this guide from and I will get back to you asap ;)

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