



How to Cook any Steak On Stove & In Oven

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 / 14z steak
- 1 tsp ghee/coconut oil
- Kosher/flaked salt
- Freshly ground black pepper

And **the following tools:**

- Thick-walled heavy skillet
- Paper towel
- Meat tongs
- Instant-read meat probe
- Oven tray (optional, if you have an oven-safe frying pan)
- Tin foil (optional)

Part 2: Cooking Steps

Step 1: Steak Room Temperature

Take your steak out from the fridge 40 minutes before cooking.

Step 2: Pat Dry the Surface

Pat dry the steak's surface using paper towels. Dry surface will sear and brown much easier.

Step 3: Get the Oven Running

Set the oven to **130C / 265F with the fan option** (or 150C / 300F without the fan).

It might seem like a low temperature, but that is how we are actually going to preserve the juices and tenderness inside the steak.

Step 4: Salt + Steak

Time to get the steak seasoned - **add 2 pinches of kosher/flaked salt per side.**

By the way, I **don't add pepper at this stage**, because I dislike the charred, burnt flavor it produces after high-heat searing on stove.

Step 5: Put the Skillet on Fire!

Add the tablespoon of ghee/coconut oil inside your frying skillet and place it over your stove top set to maximum heat.

Heat it until you notice gentle smoke lifting off the surface of the skillet.

Then count 20 seconds - you skillet is now ready to for steak searing.

Step 6: Sear Top/Eye Steak

Our sole objective now is to sear the sides at high heat so that they develop the browning.

That's why **1 minute per side** is my recommended searing time (of course it will depend for steak size, skillet, stove etc...)

Step 7: Finish Steak in Oven

As soon as you are done searing, transfer the steak using either, your oven-proof skillet (use the same one) or the oven tray you prepared earlier), inside the preheated oven.

Now, because I promised you medium-rare, **we are aiming at 55C / 130F inside steak temperature** (50C / 122F and 60C / 140F for rare and medium respectively).

In my case **I require around 20-30 minutes** to finish steak in oven, but I'm not the person to trust (use your thermometer!) ;)

Step 8: Rest & Cut

Steak ready? Take it out!

Before you cutting, **season it with freshly ground black pepper** and cover with a piece of tin foil for 3-5 minutes.

Happy Steaks!

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