



How to Slow Cook any Steak 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

- 14oz / 400g 1-inch steak
- 1 tbsp of ghee/coconut oil
- Kosher/flaked salt
- Freshly ground black pepper

Add tools for oven:

- Dripping pan
- Oven grill rack
- Meat temperature [probe](#)
- Tin foil
- Meat tongs
- Skillet

Part 2: Cooking Steps

Step 1: Steak at Room Temperature

Remove your steak from the fridge 40 minutes before you actually start cooking it.

SteakEat Tip:

I rarely have the 40 minutes, so microwave is my little dirty secret...

1. I place the steak on a ceramic plate (it should be microwave-safe of course), setting the microwave to the lowest power output (not the defrost option though).
2. I hit the start button and run the thing for 3-5 seconds.
3. I flip the steak and repeat this cycle for 4-6 times for the steak to warm up in less than 1 minute!

N.B. Be careful and don't actually cook the steak in the microwave.

Step 2: Get the Oven Running

Once again, **I recommend preheating the oven to 130C / 270F (fan off)**, if you are doing this first time.

To avoid the clean-up, cover the dripping tray with tin foil and place it inside the oven - it should be right below the oven grill rack with steak on it (it will be collecting excess juices dripping down).

Step 3: Start Cooking!

All that's left is putting your steak on the oven grill rack and actually placing it inside the oven, above the dripping tray.

Note that at this stage there is no salt or pepper used.

Salt will dry the steak out during this prolonged cooking and pepper will burn at high heat, when we are searing the sides to develop browning.

Step 4: Cook Until Medium-Rare or Medium

One of the ways to keep steak as tender as possible, is to **never cook it beyond medium-rare level of doneness at 55C / 130F inside temperature**.

However this method gives a bit more flexibility and medium doneness level will taste good too - 60C / 140F inside temperature.

How to control inside temperature?

[I use and recommend using a meat thermometer.](#)

It eliminates the guesswork and helps you cook a perfect steak every time.

If you haven't got it yet, try these [cooking times guidelines](#) as an approximation (also see [how to check steak doneness](#)).

Have your steak ready at medium-rare (or medium) doneness?

Go to the next step...

Step 5: Rest the Steak

Take the steak out from the oven, transferring it onto a ceramic plate or cutting board.

Give it 5 minutes to rest and go to the next step meantime.

Step 6: Sear the Steak for Browning

The only real con (apart for the time investment) of the slow oven cooking method is the absence of browning on the steak's surface.

Let's fix it with a **quick sear from both sides**.

Add the tablespoon of ghee/coconut oil into the pan and start heating it up to high heat on stove top.

Meantime season your steak with 2-3 pinches of flaked/Kosher salt per side.

Wait and see until the pan starts smoking lightly, then count 20 more seconds and add the steak to the pan.

You will immediately hear a gentle sizzling sound.

Sear each side for 1 minute (this should be enough for browning to appear, if the pan is hot enough).

Use meat tongs for flipping the steak and, once finished, **rest it on the same plate/cutting board for another 5 minutes.**

Now is the time to add freshly ground black pepper to develop aroma.

Cut against the grain (i.e. perpendicular to the muscle fibers), serve and enjoy.

Great job. 8-)

This is how to slow cook steak in the oven to medium-rare or medium doneness level.

See All the Ways of Developing Surface Browning after Slow Oven Cooking

- **Stove-oven method.** See [how I sear steak on stove and finish it in oven.](#)
- **Broiling steak in oven.** This method only works well with bigger chunks of steak - roasts - but still is good to try out.
- **Quick sear on stove.** See [how to sear round steak](#) in skillet for more details.

Happy Steaks! ;)

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