



How to Sous Vide any Steak Easily

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 1-inch thick steak
- 1 tsp ghee or coconut oil
- 1 tbsp organic grass-fed butter
- Kosher/flaked salt
- Freshly ground black pepper

With the following tools:

- Dutch oven
- Food-safe plastic bag*
- Candy/oil [thermometer](#)
- Paper towels
- Blowtorch *or* Skillet

Part 2: Cooking Steps

Step 1: Warm Up the Water

Clip the [candy or oil thermometer](#) onto your Dutch oven and pour in warm water from the tap - it should at least touch the very bottom part of the probe to let us read the water temperature.

There should also be enough to fit the steak!

Transfer the pot inside the actual cooking oven and start heating it up to the required temperature (more details in the next step).

I recommend using oven instead of stove top, because it tends to be easier to control its inside temperature.

This is very important for sous vide (without immersion circulator).

Step 2: Steak Sous Vide Temperature

So, what's the required temperature?

Your goal is to **heat up the water bath to the temperature you wish your steak cooks to.**

This depends on your preferred level of doneness.

For example, **I am a rare steak fan, so I will heat up water in the Dutch oven to 50C / 122F.**

If I wanted medium-rare or medium steak, I would instead go for 55C / 130F and 60C / 140F temperature respectively.

Hence adjust your oven temperature accordingly and check the temperature readings frequently.

Step 3: Get the Steak Ready

Now that the water temperature is taken care of, prepare the steak for cooking.

Pack it into the food-safe plastic* bag, taking all the air out as you go (freezer food bags work pretty good for that).

Avoid using salt and pepper at this stage, because salt will dry out the steak and pepper will burn at high heat later on.

** Apparently even food-safe plastic is not entirely safe and still produces some chemicals during cooking.*

At this stage the best alternative is using [silicone bags](#), which can be used multiple times.

Step 4: Sous Vide Cooking Times

After your steak is packed and the water is at the temperature you need, **place the steak inside the Dutch oven water bath.**

Make sure the water temperature is still stable after a couple of minutes - you might notice that it goes down initially (colder-than-water steak is bringing it down), but it should return to the initial point.

Now, important question - **how long to cook it for?**

Here are sous vide cooking time guideline approximations:

Thickness	Required cooking time
0.25 inches	23 minutes
0.5 inches	31 minutes

1 inch	60 minutes
1.5 inches	1 hour 45 minutes
2 inches	2 hours 50 minutes
2.5 inches	4 hours 15 minutes
3 inches	6 hours

So **our steak with 1-inch thickness will need around 1 hour** to finish cooking.

Having said that, it doesn't mean that it will overcook, if you leave it there for 2 hours - the water temperature is still at 50C / 122F (in my case).

In fact there is a chance that it will get even tenderer, because there is more time to break down that tough connective tissue, so give it a try next time - just remember to monitor the water temperature.

Contemporary ovens are quite good with temperature, but if you find yourself using sous vide more and more, **I recommend you either get a [sous vide minioven](#) or an [immersion circulator like this](#) - they are well worth the investment.**

Step 5: Sear the Surface

After the steak is ready, take it from the water bath and open up the bag.

Be careful handling it, because there will be moisture inside.

It's important you keep in mind that this is still practically a raw piece of steak (it never reached really high temperature to kill bacteria on the surface), so you should handle it accordingly and with care.

Place it on a plate and pat it dry with paper towels - it really helps with developing the golden crust on the surface.

Next thing - **season it with Kosher salt**. I recommend you start with 2-3 pinches per side as a rule of thumb.

Now we are going to **sear it using either, blowtorch (my favorite) or skillet**.

Searing Steak with Blow Torch

1. Light your blow torch and turn it to the highest heat.
2. Apply the flame evenly to the surface of the steak - you need to develop a good level of browning on each side.
3. Once you are done, season your steak with freshly ground pepper and let it sit for 2 minutes to help stabilize juices inside.
4. Cut and serve.

Caution: Open fire is dangerous - handle it with care.

SteakEat Tip: Make sure it's a [professional blow torch](#), you are using, because smaller versions do not have enough power to sear the steak properly.

Searing Steak in Skillet

1. Add a tablespoon of ghee or coconut oil to the skillet and heat it up. You will know it's ready, when you see gentle smoke coming off it; then wait for another 10 seconds to make sure the pan is hot enough.
2. Put the steak inside the skillet and sear it for 1 minute per side so it develops the surface browning.
3. Once ready, rest the steak for two minutes on a plate, season with freshly ground black pepper, cut and serve.

SteakEat Tip: Once you are 30 seconds away from finishing to sear the second side, add the tablespoon of organic grass-fed butter to develop even more browning and flavor!

Happy Steaks!

SteakEat

Find SteakEat on [Facebook](#) & [Instagram](#) :)