



Pan Seared Rib Eye Steaks

Serves 8

This is one of my favorite ways to prepare a steak. The flavor of the peppercorns permeates throughout the steak. If there is a strip of fat on the side of the steak, then sear it first until it's golden brown by holding the steak on its side with a pair of tongs. It is imperative that you use a cast iron skillet to sear the steaks. Ideally you want the steaks to develop a golden brown crust, which sears in juices and develops a more complex deeper flavor. Cast iron skillets are heavy, thick and retain heat so you don't lose the heat from the pan and end up stewing the steaks. Any tender cut of meat that is typically served as a steak may be used for this preparation. I enjoy using New York Strips, rib eyes and tenderloins. If using strips or rib eyes ask your butcher to leave on some of the fat from the fat cap as this will render and melt adding great flavor, richness and moisture to the steaks. The process for cooking these steaks goes very quickly so you will need to have all necessary equipment and ingredients prepared and ready to go before starting.

8 Rib eye steaks, 10 to 12 ounces each
2 tablespoons kosher salt
Freshly ground black pepper to taste
¼ cup canola or grape seed oil
½ cup dry red wine
½ cup small diced shallots
1 sachet (4 sprigs thyme, 2 sprigs of parsley, 2 cloves garlic and 2 bay leaves)
8 ounces of strong dark beef stock
2 tablespoons whole butter
Kosher salt

1. Preheat oven to 350°. Season the steaks on both sides with the salt and pepper.
2. Heat the cast iron skillets over medium high heat. Once the pans are hot add the oil. Place the steaks in the pan and sear each side until they are golden and crusty, about 3 minutes on each side, turning only once. Once the steaks are seared transfer them to the baking sheet tray and finish cooking in the oven to desired doneness, about 5 to 7 minutes. Remove the steaks from the oven and allow them to rest before serving.
3. Once the steaks are in the oven then continue on with the sauce. Deglaze the pans with the red wine, to remove the fond. Combine the wine into one pan and add the shallots and sachet. Reduce the wine over medium heat until it has reduced by ¾. Add the beef stock and continue to reduce the sauce until it is thick enough to coat the back of a spoon. Adjust the seasoning of the sauce with salt and whisk in the butter.
4. Serve the steaks with the sauce drizzled over the top.

Equipment: Cutting board and knife, 2 large cast iron skillets or sauté pans, tongs, large baking sheet tray and a whisk.