

SEARED & ROASTED NEW YORK STRIP STEAKS

Ingredients:

6 Prime New York Strips 1¼" - 1½" thick
Olive oil
Kosher Salt
Pepper

Large cast iron skillet.
Cooling rack

Directions:

Let steaks come to room temperature and rub with a little bit of olive oil.
Heat skillet over high heat 4-5 minutes.
Season steaks with pepper and plenty of salt. Make sure ventilator is on.
When skillet is very hot put steaks seasoned side down in skillet without touching each other.
DO NOT MOVE.
Season top sides with salt and pepper.
After exactly 2½ minutes turn and cook for another 2½ minutes undisturbed.
Remove steaks to a rack set over a platter and let cool for 30 to 60 minutes.
Preheat oven to 425 degrees.
Return steaks to skillet in which they were seared and cook in oven for 10 minutes.
Cut one steak and test for doneness.
When medium rare remove to cutting board let rest 5 minutes then slice and serve with Béarnaise sauce.