

How to Cook the Perfect Steak

by

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This recipe is for 2 servings

2 Steaks of your choice (Filet Mignon, NY Strip Steak, T-Bone, Porterhouse)

½ teaspoon Salt (Sea Salt or Kosher Salt)

½ teaspoon Black Pepper (Freshly Ground if Possible)

½ teaspoon Montreal Chicken Seasoning

½ teaspoon Paprika

Remove steaks from the refrigerator 30-45 minutes before the time of preparation to ensure they are at room temperature. Rinse steaks and pat dry. Season steaks with the spice mixture and set aside. (You may have leftovers depending on the size and thickness of your steak.)

While your steak is marinating preheat your cooking pan over medium-high heat. Test the temperature of the pan by placing a drop of water in it; if the water “dances” then the pan is hot enough. Place a tablespoon of olive oil in the pan and swirl it around then add steaks. Let the steaks sear for 3-4 minutes per side. (Please note that if the steak is ½ inch or more in thickness, you may need to finish the cooking process in the oven. After searing the steaks on both sides to the desired temperature move to a dish to allow it to rest for 5 minutes to reserve juices. Plate with veggies and serve. Enjoy!!

