

BEST SKILLET STEAK

The key to this mouthwatering steak is the flipping technique. While it requires more attention than a traditional method, the results are more than worth it!

PREP TIME: 10 MIN (PLUS 35 MINUTES TO REST)
COOK TIME: 10 MIN TOTAL TIME: 55 MIN YIELD: 2-4 SERVINGS



INGREDIENTS:

2	strip loin steaks (1-inch/2.5 cm thick, about 10 oz/300 g each)
	Coarse salt and pepper
2 tbsp (30 mL)	softened butter
1 large clove	garlic, chopped
1 tbsp (15 mL)	finely chopped fresh parsley
2 tsp (10 mL)	Worcestershire sauce



METHOD:

Bring steaks to room temperature for 30 minutes. Pat dry. Season all over with salt and pepper.

Meanwhile, blend butter with garlic, parsley and Worcestershire sauce. Set aside.

Warm large skillet over medium heat for 5 minutes.

Add steak; cook, turning every minute for about 10 minutes for medium-rare or until steak is cooked to preferred doneness. Add butter mixture after the last flip and use to baste steak.

Remove to a plate (reserve skillet with pan juices). Rest for 5 minutes. Transfer steak to a board and slice. Stir any resting juices into residual butter in warm skillet. Spoon over sliced steak to serve.

Tip: Use these timing guidelines and an instant-read thermometer to cook the steak to your preferred doneness. (Note: The final temperature of the meat will be about 5 degrees higher after resting).

RARE: 8 minutes
(130°F)

MEDIUM: 12 minutes
(155°F)

MEDIUM-RARE: 10 minutes
(140°F)

WELL DONE: 14 minutes
(165°F)

Use a small bunch of rosemary sprigs as a basting brush to infuse even more flavour into the steak.



PAIR WITH:
LE23 BOBAL CABERNET
SAUVIGNON

