Cast Iron Seared Steak with Dijon Pan Sauce

Serves 4

INGREDIENTS

2 lbs. Pine Street Market Steak (Ribeye Steak, New York Strip, Denver Steaks, or American Wagyu Coulotte, Bavette, or Flat Iron Steaks)
Kosher Salt & Black Pepper or Pine Street Market Butcher Salt
2 teaspoons Canola or Peanut Oil
2 Shallots, minced
5 Garlic Cloves, smashed with the side of a Chef's knife
1 tablespoon Green Peppercorns, packed in brine, rinsed (Optional)
½ cup Butter (1 stick), cut into cubes
4 sprigs of Thyme
¼ cup Dijon Mustard
1 tablespoon Worcestershire Sauce

PREPARATION

- Preheat the oven to 400°F
- Remove the steak from the refrigerator, season generously with good quality salt and pepper, and leave on the counter for 30 minutes to an hour.
- Heat a large sauté pan or cast-iron skillet with oil over medium heat. Sear the steaks for 3 minutes on each side. Use a meat thermometer to determine doneness. Put the steaks into the oven to reach your desired doneness. See the "Steak Cooking Tips" section for recommended temperatures.
- Remove the steaks from the pan and place on a cutting board to rest for 5 minutes. Pour off any excess fat, making sure to leave the browned dripping in the pan.
- While the steak is resting, add the shallot, garlic, green peppercorns, half of the butter, and thyme to the pan. Cook for 2 minutes or until the mixture become fragrant.
- Add 1 cup water, Dijon, and Worcestershire Sauce, whisking to combine. Brink to a simmer and whisk in the remaining butter. Taste for seasoning.
- Slice the steak against the grain and arrange on a large plate, spooning half of the sauce over the slices of steak. Serve the remaining sauce in a small bowl for dipping the slices of steak.

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Steak Cooking Tips

Most of us were raised to fear raw meat. Under cook chicken - you could get sick. Over cook meat - you just ruined dinner. Cooking meat can be fun; you just need to understand some basic rules:

- Let the meat come to room temperature before cooking. Allowing the meat to come to room temperature will ensure the internal and external temperatures are similar, which will prevent the likelihood of achieving a beautiful sear on your steak that is undercooked and gummy on the inside. A good rule of thumb is to allow the meat to rest on a plate on your counter for at least 30 minutes per pound. It's okay! Searing the meat will kill bacteria living on the surface of the meat.
- Cook to an exact temperature based on your liking. Common beef and lamb temperatures are: Medium-rare (130°F), Medium (135°F), and Medium-well (140°F). Butcher Rusty recommends using a large display digital thermometer that is easy to read. Understand that meat continues to cook after removing it from the heat. Not a lot, but it can go from medium to medium well in just a few minutes.
- After cooking, let meat rest before cutting into it. The cooking process drives the juices to the center; resting allows the juices to redistribute throughout making for a perfectly juicy steak.
- Keep it simple. Hopefully, you have selected a beautiful cut of meat and will want to enjoy its natural flavors. Drowning a steak in a heavy sauce, funky blue cheese, sharp peppercorns, and other giant flavors will overpower the subtle beauty of a perfectly grilled steak. Go for a simple compound butter or finishing salt, just enough to compliment the flavor of the meat.
- "Slice the meat against the grain." What does that mean? Look for the direction of the meat fibers in the steak; they look like long strings. Cutting across these fibers, against the grain, makes each slice more tender and easier to chew.

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