



THE MEAT HOUSE: 15 Minute Recipe

Your Neighborhood Butcher

SIMPLE AND PERFECT STRIP STEAK

Yield: 4-6 Servings

- 2 thick cut Meat House strip steaks **Approximately 1 ½ inch thick*
- Seasoning – equal parts granulated garlic, sage, kosher salt and ground black pepper
- Extra virgin olive oil

Instructions

Mix the seasoning in advance, and store in an air tight container. We often use old spice shakers for our own blends. This will keep for 4 to 6 months. Unwrap the steaks and lightly coat them with olive oil, but no seasoning. Allow them to come to room temperature on a plate away from heat sources, 20 minutes to an hour depending on how cold they start. ** This is important because we want them to cook evenly thus avoiding seared outside and a cold raw center. While the meat is warming (not part of our prep time), set the table and get to work on the sides. When the meat is ready, pre-heat a heavy skillet to high heat, just below its maximum. When the skillet is ready, place the oiled steaks in the middle of the skillet. Cook 4 minutes for rare, 6 for medium rare and 8 for medium then turn. AFTER the turn, sprinkle the crusted side up steaks with the spice blend and cook for the same amount of time on the other side. When done, turn them onto a plate so the unseasoned side is up. Now season this side and let rest for 3 to 4 minutes allowing the juices to redistribute through the meat. Serve these juicy steaks uncut.



Options

- Serve on a bed of raw baby spinach and the juices will wilt the greens.
- Top with a dollop of Cibo Natural's Fresh Garlic and Herb soft cheese. It'll melt over the top and provide a touch of decadence.

Marinate for 3-4 hours.

For store locations, recipe ideas or to shop online visit:

www.TheMeatHouse.com