ARTISANAL BUTCHER & SKILLET CULINARY ARTS

RUSTIC CAST IRON SKILLET STEAK & BUTTER HERBS

Steakhouse Technique: Dry Brine, Screaming-Hot Sear, Garlic-Herb Butter Basting & Internal Temp Guide

KITCHEN EDITION
Standard US Letter
Bespoke Printable

PHASE 1: CUT SELECTION & DRY BRINE PREPARATION

- The Ideal Cut:
1.5-inch thick Prime Bone-In Ribeye or NY Strip (heavily marbled)

- Dry Brining (Crucial):
Salt generously with Coarse Kosher Salt (1/2 tsp per pound)

- Uncovered Wire Rack Rest:
Refrigerate uncovered 12-24 hours. Surface moisture evaporates

- Room Temp Tempering:
Pull steak 45 minutes prior to cooking; cold meat drops skillet heat

- Coarse Black Pepper:
Crack whole black peppercorns fresh; press firmly into surface

- High Smoke Point Fat:
1 Tbsp Ghee or Avocado Oil (do not use raw butter for initial sear)

PHASE 2: CAST IRON SEAR & FRENCH ARROSE BASTING

1. Preheat Heavy Skillet:
Heat 12-inch cast iron on high until wisps of smoke appear (5 mins).

2. Initial Hard Crust Sear:
Lay steak away from you. Sear 2 minutes undisturbed. Flip.

3. Render the Fat Cap:
Use tongs to hold steak on edge to crisp exterior fat cap (1 min).

4. Add Basting Aromatics:
Drop heat to medium. Add 4 Tbsp cold butter, 4 crushed garlic cloves,

5. Fresh Herb Bouquet:
3 sprigs fresh rosemary and 4 sprigs fresh thyme into melting pool.

6. The Spoon Baste (Arrosé):
Tilt pan 30 deg. Continuously ladle foaming herb butter over steak.

INTERNAL DONENESS PULL TEMPERATURE CHART

Rare (Cool Red Center)
PULL AT: 120 deg F --> RESTS TO: 125 deg F (52 deg C)

Medium-Rare (Warm Red)
PULL AT: 128 deg F --> RESTS TO: 135 deg F (57 deg C) [Chef Choice]

Medium (Warm Pink)
PULL AT: 138 deg F --> RESTS TO: 145 deg F (63 deg C)

Medium-Well (Slight Pink)
PULL AT: 148 deg F --> RESTS TO: 155 deg F (68 deg C)

Well-Done (No Pink)
PULL AT: 158 deg F --> RESTS TO: 165 deg F (74 deg C)

PHASE 3: RESTING, SLICING & SERVING PROTOCOL

- Tent Loosely on Board:
Transfer steak to cutting board. Tent loosely with foil (never wrap tightly).

- 10-Minute Cellular Rest:
Muscle fibers relax and redistribute juices. Cutting early causes moisture bleed.

- Slice Against the Grain:
Identify meat fiber direction. Slice at 45 deg angle across the grain.

- Drizzle Pan Pan-Sauce:
Pour remaining browned herb butter from skillet directly over slices.

- Finishing Salt Flakes:
Top with flaky Maldon sea salt and fresh rosemary leaves.

STEAKHOUSE LOG: CUT RECORD & TASTING VERIFICATION

BEEF DOSSIER

Cut: Prime Bone-In Ribeye

Aging: 28-Day Dry Aged

Weight: 18 oz (1.5 in)

COOK TIMERS

Dry Brine: 24 Hours

Sear Time: 4 Mins Total

Baste Time: 2 Mins

TASTING VERDICT

Pull Temp: 128 deg F

Crust Rating: Exceptional

Grade: * * * * *