

RIB EYE STEAK FOR TWO

F EASY

Last Modified: 02/14/2015

PREP: 1+ Hrs
COOK: 20 Min
STOVETOP OVEN 375

BEEF

MAKES 2 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Rib Eye Steak (1 1/2" Thick) (Bone-In)	Trimmed
2	Sprigs	Fresh Rosemary	
4	Cloves	Garlic	Minced
3	Tbsp	Unsalted Butter (Clarified)	See Step #2
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

OPTIONAL			
1	Recipe:	Sauce - Brandy Steak Sauce	
OR			
1	Recipe:	Sauce - Cognac Steak Sauce (Au-Poivre)	
1	Recipe:	Sauce - Red Wine Steak Sauce	
OR			
1	Recipe:	Sauce - Tri-Color Peppercorn Steak Sauce	
AND / OR			
1	Recipe:	Sauce - Personal Signature Steak Sauce	
PLUS			
2	Pats	Recipe: Any Compound Butter of Choice	

PREPARATION	
FACTOID	This assumes one very thick 1 to 1 1/2 inch thick Prime or Choice nicely marbled Rib Eye Steak large enough for two people. The thickness is determined by the diameter - a smaller diameter Steak should be cut thicker in order to generously serve two people.
DRY AGEING BEEF	Pat the Rib Roast dry with paper towels, hand rub the entire surface with Kosher Salt and place it on a wire rack in a shallow pan with a paper towel in the bottom to catch any drippings (change the drippings towel DAILY). Set it uncovered in the bottom (coldest) shelf of a refrigerator for a minimum of 1 day and a maximum of 4 days. Just prior to roasting, thinly shave off any pieces of exterior meat that have become completely dehydrated (REALLY funky looking) before cooking. Odds are you will not have to trim it at all. An 8 pound roast will lose well over 1/2 pound during this most important process.
TOOLS	1) Large Cast Iron Skillet With Sides 2) Instant Read Thermometer 3) Gravy Separator
PREP	DISH 1) Mince the Garlic Cloves and set them aside. 2) Wire Rack 3) Preheat the oven to 375 degrees with a rack just below center.
1	1 Hour Before: Pat the Steak dry with a paper towel and season it generously on all sides with Salt and Pepper. Rest the Steak on a wire rack until it comes to room

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2	CLARIFIED BUTTER: Melt the 3 tablespoons of Butter in the Microwave and using a teaspoon, skim off all of the bubbles that separate and float to the top. Pour the Butter into a gravy separator and discard the white fat in the bottom, leaving ONLY the transparent yellow liquid.
3	Heat a large cast iron skillet over high heat. Pour the Clarified Butter in the pan and heat until it smokes, about 300 degrees. Add the Steak to the hot pan. Cook steadily until the Steak caramelizes deeply on the bottom, 3 to 4 minutes. Flip the Steak over and cook it for another 3 minutes.
Final Beef Doneness	Rare (Cool Red Center): 125 Degrees. Medium Rare (Warm Red Center): 135 Degrees. Medium (Warm Pink Center): 145 Degrees. Medium Well (Slightly Pink Center): 150 Degrees. Well little or No Pink): 160 Degrees
4	Transfer the pan to the oven and roast the Steak for 3 to 5 minutes more, or until it's internal temperature reaches 20 degrees below the final temperature with an instant read thermometer. (You want to have time to Butter Baste the Steak before it reaches the final temperature).
5	Transfer the pan back to the stovetop, off the heat. Add in 3 tablespoons of Butter, top with the Steak with the Rosemary Sprigs, and surround it with the Minced Garlic Cloves. Using a large spoon, continuously baste the Steak and Rosemary with the Garlic Butter Sauce for a couple of minutes. The Steak is ready when it reached 10 degrees below the final temperature in the center.
6	Transfer the Steak to a serving platter. Add the Compound Butter on top and tent it with aluminum foil, let it rest for at least 10 minutes. The temperature will increase by 10 degrees. Meanwhile, make the optional pan Steak Sauce using the pan juices. Slice the Steak at an angle into 1/4 inch thick slices. Arrange the Steak Slices back on the serving platter. If using, drizzle the center lightly with the hot Pan Sauce.
SERVE	Serve the Steak while hot with a couple of Vegetables of choice and bottle of your Personal Signature Steak Sauce on the side.