



Reverse Seared Steak

Reverse sear, the cooking method of starting slow & low and finishing with a searing blast of heat, is gaining in popularity with steak lovers! Best used when you're cooking a large cut of beef, at least 1.5 – 2 inches thick. Don't forget - allow the meat to come to room temperature for even cooking – 30 minutes per pound is a good rule of thumb!

INGREDIENTS

1 large cut of beef like Pine Street Market 40 oz Bone-In Ribeye, 32 oz Porterhouse Steak, or 5 lb. Prime Rib

Pine Street Market Butcher Salt or Kosher Salt & Black Pepper

Pine Street Market Heritage Beef Butter

PREPARATION

- 1) Remove the steak from the refrigerator & season generously with Butcher Salt (or good quality salt and pepper) and leave on the counter for 30 minutes per pound.
- 2) Preheat the Big Green Egg or grill to 450°F, direct heat. Preheat oven to 250°F.
 - o An alternative to slow cooking in the oven is to sous vide the meat at 110°F for 40 minutes per pound of meat. If using this method, jump to step 4 when you remove the meat from sous vide.
- 3) Place the steak on a baking tray lined with a baking rack, this allows for airflow around the steak, and place the tray in the oven. Allow the steak to cook for 20 minutes. Using a meat thermometer, check the steak temperature. Remove the steak from the oven when it is 10 degrees below doneness. See the "Steak Cooking Tips" section for recommended temperatures.
- 4) Immediately transfer the steak to the hottest part of the grill. Sear for 1 minute per side to develop an even crust.
- 5) Place the steak a cutting board, spread a thin layer of Beef Butter over the top of the steak, and let it rest for 5 minutes. Slice the meat against the grain and serve.

SERVING TIPS

- Serve with [Argentine Chimichurri & Coal Roasted Potatoes](#)
- Serve with [Wild Mushrooms with Garlic Confit and Bacon](#)

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.