



BISTRO STEAK



Day Before: Place packages of frozen Tenleytown Meat steak(s) in refrigerator to defrost for 24 hours. Bring to room temperature before cooking.

Prep Time: **10 minutes** Cook Time: **10 minutes**

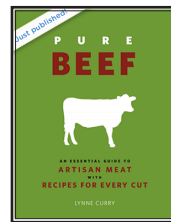
- 2 pounds Tenleytown Meat Company steaks (rib, top sirloin...)
 - 1 large **garlic clove**, peeled and cut in half
 - kosher salt**
 - freshly ground **black pepper**
 - 1 teaspoon **vegetable oil**
 - 1 teaspoon **butter**
- (Cookbook Pure Beef includes recipes for Herb Aioli and Oven Steak Fries)

(photo above shows steak served with oven steak fries)

makes 4 servings

If necessary, cut the steaks into serving sizes. **Pat** them dry, **rub** with the cut side of the garlic, and **season** both sides liberally with the kosher salt and pepper.

Preheat the oven to 475 degrees F and place a large **oven-safe skillet** over medium-high heat. Add the **oil and butter** to the pan. When the butter foams, add the steaks and cook to sear the outside for **2 minutes**. Use tongs to flip them and sear the second side for **2 minutes more**. Put the **skillet into the hot oven** and roast the steaks for **4.5 to 5 minutes for medium rare**. (To cook the steak further, turn off the oven and leave the steaks inside for 1 to 3 minutes more.) **Serve the steaks drizzled with the pan juices**. (Pure Beef recommends serving with Herb Aioli and a heap of Oven Steak Fries).



Recipe courtesy of Pure Beef by Lynne Curry. "An essential guide to artisan meat with recipes for every cut."



PEOPLE



PLANET



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