

Cooking Steak Recipes

First, ensure the pan is at high temperature (if you have a cast iron or other type of pan that retains heat well, you can check by dropping water and seeing if it rolls around, indicating the temperature is sufficient). Then switch to medium heat, start with the fat side down to grease the pan.

For the first time, cook each side (front and back) for 1 minute (a total of 2 minutes).

For the second time, cook each side for 1 minute (a total of 2 minutes).

For the third time, cook each side for 30 seconds (a total of 1 minute).

For the fourth time, cook each side for 30 seconds (a total of 1 minute).

Sear the edges for about 15-25 seconds on each side.

Wait for 6-8 minutes to allow the heat to penetrate the interior and the juices to settle.

During the waiting time, you can clean and reheat the pan. For the second round of cooking, you can use butter to enhance the surface crispiness and aroma.

For the fifth time, cook each side for 30 seconds (a total of 1 minute).

For the sixth time, cook each side for 30 seconds (a total of 1 minute).

This completes the process, resulting in a steak cooked to about medium-rare. You may remove it from the pan and check the doneness by cutting the edges (each pan performs differently).

If you need to increase the doneness, repeat step 8 about three times, which should bring the steak to medium doneness.