

Medium Rare Steak

Ingredients:

- 1 steak (ribeye, sirloin, or filet mignon, about 2.5 cm thick)
- Salt and freshly ground black pepper
- 1-2 tbsp olive oil or butter
- Optional: garlic cloves, fresh rosemary or thyme for flavor

Instructions:

1. **Bring steak to room temperature:**
 - Take the steak out of the fridge about 30 minutes before cooking.
2. **Season:**
 - Pat the steak dry with paper towels.
 - Generously season both sides with salt and pepper.
3. **Heat the pan:**
 - Heat a heavy skillet or cast iron pan over high heat until very hot.
 - Add olive oil or butter.
4. **Cook the steak:**
 - Place the steak in the pan.
 - Cook for about **3-4 minutes** without moving it to get a nice sear.
 - Flip the steak and cook for another **3-4 minutes**.
5. **Optional aromatics:**
 - In the last minute, add a couple of crushed garlic cloves and fresh herbs like rosemary or thyme.
 - Spoon melted butter over the steak for extra flavor.
6. **Check doneness:**
 - For medium rare, the internal temperature should be around **57°C (135°F)**.
 - Alternatively, the steak should feel like the fleshy area under your thumb when you touch your thumb to your middle finger.
7. **Rest the steak:**
 - Transfer steak to a plate and let rest for **5 minutes** before slicing.
 - Resting allows the juices to redistribute for a juicy steak.

