Take out a piece of sirloin and let it rest in the room temperature first. Sprinkle a little salt on its top, quickly twist the pepper shaker and season the steak as if it were snowing in early winter, you can smell the pepper and a little salt. Press them gently into the steak like a massage. Oliver oil in a hot pan, when it slightly smoke, slowly lay the sirloin down from the inside out and feel the beautiful rhythm of the steak comes out. Turn it over, and feels the softness of the edge fat under the effect of temperature. Take out the garlic and crush it with bare hands, put it in the pan with some thyme and let them release their flavor. Add some butter and spoon it over the steak as it quickly melts in the pan as if giving it a full body bath to color the steak with a grayish-brown. This is a fascinating dish, and it all started with a simple bowl of fried rice with eggs with my mother.