

Steak

Ingredients

- Steak of choice
- Salt
- Any other desired seasonings
- Canola oil

Instructions

1. Preheat oven to 300°F
2. Bake steak until 110°F internal
3. Get frying pan with canola oil in it ripping hot
4. Sear steak on both sides, not leaving in pan for very long. Sear should be quick.

Notes