



Butter-Basted Pan-Seared Thick-Cut Steaks

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 0.3 cup canola oil
- 2 servings pepper black freshly ground
- 1 large beef rib steak bone-in (see note above)
- 0.5 cup shallots finely sliced (1 large, optional)
- 6 sprigs rosemary

Equipment

- frying pan

- paper towels
- kitchen thermometer

Directions

- Carefully pat steak dry with paper towels. Season liberally on all sides (including edges) with salt and pepper (see note above).
- Heat oil in a 12-inch heavy-bottomed cast-iron skillet over high heat until just beginning to smoke. Carefully add steak and cook, flipping frequently, until a pale golden brown crust starts to develop, about 4 minutes total.
- Add butter, herbs (if using) and shallots (if using) to the skillet and continue to cook, flipping steak occasionally, and basting any light spots with foaming butter. If butter begins to smoke excessively or steak begins to burn, reduce heat to medium. To baste, tilt pan slightly so that butter collects by handle. Use a spoon to pick up butter and pour it over steak, aiming at light spots. Continue flipping and basting until an instant read thermometer inserted into thickest part of tenderloin side registers 120 to 125°F for medium rare, or 130°F for medium, 8 to 10 minutes total. Immediately transfer steak to a large heat-proof plate and pour pan juices on top.
- Let rest 5 to 10 minutes. Carve and serve.

Nutrition Facts



PROTEIN 14.19% **FAT 79.89%** **CARBS 5.92%**

Properties

Glycemic Index:91, Glycemic Load:2.48, Inflammation Score:-6, Nutrition Score:16.250434823658%

Nutrients (% of daily need)

Calories: 676.96kcal (33.85%), Fat: 61.12g (94.03%), Saturated Fat: 20g (124.98%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 8.16g (2.97%), Sugar: 4.67g (5.19%), Cholesterol: 114.08mg (38.03%), Sodium: 201.06mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.84%), Selenium: 28.51µg (40.73%), Zinc: 6.06mg (40.42%), Vitamin E: 5.41mg (36.08%), Vitamin B6: 0.66mg (33.05%), Vitamin B12: 1.91µg (31.86%), Vitamin B3: 5.66mg (28.32%), Vitamin K: 23.77µg (22.63%), Phosphorus: 203.62mg (20.36%), Vitamin B2: 0.29mg (17.09%), Iron: 2.76mg (15.31%), Potassium: 509.62mg (14.56%), Vitamin A: 554.04IU (11.08%), Manganese: 0.19mg (9.55%), Magnesium: 37.4mg (9.35%), Vitamin B1: 0.14mg (9.18%), Fiber: 2.05g (8.18%), Copper: 0.14mg (7.16%), Folate: 25.07µg (6.27%), Vitamin C: 4.92mg (5.96%), Calcium: 39.12mg (3.91%), Vitamin B5: 0.2mg (1.96%)