



Perfect Grassfed Beef Steaks

THIS RECIPE IS GREAT FOR TENDER CUTS SUCH AS TENDERLOIN, NY STRIP, SIRLOIN, T-BONE, & RIB STEAKS

Ingredients

- 100% Grassfed Beef steaks
- Sea salt (about 1 tsp/lb of steak)
- Freshly ground black pepper
- Cooking oil - we like to use Montana-grown safflower oil
- Optional Garlic-Herb butter. Put 1 Tbsp on each steak when served
 - 1/2 cup softened butter
 - 1-2 garlic cloves
 - 1 tsp dried thyme
 - 1 tsp dried parsley



Directions

- Sprinkle steaks with sea salt and sit at room temperature for one hour, flipping after 30 minutes.
- Rinse quickly. Pat dry & sprinkle with pepper
- Your grill is hot enough if you can hold your hand 4" above the grate for no more than 4 seconds. If cooking in a skillet, put dry skillet over high heat until it steams. Add cooking oil and proceed.
- Sear steaks on high heat for 2 minutes per side.
- Using tongs (NOT a fork), move steaks to low heat (either to a 300° oven or to the side of the grill that is not lit and close grill)
- Cook an additional 5-7 minutes per pound.