

5 MINUTE PERFECTLY COOKED RIBEYE

Servings: 2

Prep time: 20 minutes

Cook time: 5 minutes

Total time: 25 minutes

INGREDIENTS:

- 2 Good Quality Ribeye Steaks
- Favorite Seasonings (i.e. kosher salt and pepper)
- Avocado Oil, to coat
- Herbs to garnish (optional)

INSTRUCTIONS:

1. Place cast iron skillet in oven. Preheat the oven to 500 degrees fahrenheit.
2. While oven is preheating, bring ribeye steaks to room temperature.
3. Once oven is done preheating, season steaks with your favorite seasoning. I personally like a generous amount of kosher salt and cracked pepper.
4. Coat the steaks lightly with some avocado oil.
5. Be sure the room is well ventilated before proceeding to the next step (high heat and oil can cause some smoke).
6. Take the cast iron skillet out of the oven and place on your range over high heat. Let it sit there for about 5 minutes.
7. Place the steaks on the cast iron skillet. Leave it alone. Sear for 30 seconds. Turn and sear for 30 seconds.
8. Transfer the skillet to the oven. Bake for 3 minutes, flip the steaks and bake for an additional 3 minutes for medium rare. Medium is 3.5 minutes, medium well is 4 minutes and well is 5 minutes per side.
9. While steaks are in the oven, prepare the resting station with an upside down plate and foil. I like to rest my steak on a couple pats of butter, but this is optional.
10. Remove the steaks from oven and place on the upside down plate. Cover with foil and rest for at least 5 minutes.
11. Serve whole or slice and garnish with optional herbs like rosemary and thyme.
Enjoy!