

Broiled Steak - Oven

Cast Iron Skillet, Tongs.

Bring your 1 to 2 inch steaks to room temperature and use a clean cloth to remove excess moisture.

Move oven rack so top of steaks are 6" from heating element.

Pre-heat oven and skillet by setting the oven to broiler for 15 / 20 minutes.
500 F

Rub steaks with olive oil, salt, pepper, seasonings.

Lay steaks on the skillet.

Sear the steaks for 3 minutes on one side, turn and sear the opposite side for 3 minutes. Turn steaks with tongs, not fork.

Once seared, set the oven to 500F and cook using this Time Chart.
Turn steaks half way through the remaining cooking time.

Rare (120-130F) 1" 0-1 minute, 1 1/4" 2-3 minutes, 1 3/4" 4-5 minutes

Medium Rare 1" 1-2 minute, 1 1/4" 3-4 minutes, 1 3/4" 5-6 minutes

Remove steaks from the oven and let rest for 5 minutes.

Serving on warm plates is recommended to maintain meat temperature.