

## **Pan Seared Steak with Chimichurri Sauce**

Serves 4

Four 12-oz steaks—grass or grain-fed steaks of rib eye or NY strip, or buffalo steaks

Kosher salt and freshly ground black pepper

$\frac{3}{4}$  cup vegetable oil

Chimichurri Sauce (see [Food Fridays recipe page](#) for recipe)

1. Preheat an oven to 325°F. Set out a baking sheet with a wire rack on top.
2. Season the steaks liberally on both sides with salt and pepper.
3. Heat a large 12-inch cast iron skillet for 2 - 3 minutes over high heat.
4. Pour half of the oil into the hot pan. Gingerly, place the steaks in the hot pan. Be sure to lay the steaks down away from yourself so that if there is any splatter, it will be away from you! The meat should sizzle loudly.
5. Do not move the steaks in the pan for at least 1 minute; allow the seared surface to develop a crust that removes easily from the pan. (As a rule of thumb, steaks should cook for approximately 10 minutes per inch of thickness. So, if the steak is 1 inch thick, sear for 3 minutes on one side, flip, and sear for another 3 minutes.) After searing, transfer the steaks to the wire rack-topped pan, and finish in the oven for 4 more minutes.
6. Remove the steaks from the oven and allow them to rest for a third of the overall cooking time in order to allow the moisture under pressure in the center of the steak to redistribute throughout the meat. (For a 1 inch steak that cooks for 10 minutes, allow the steak to rest for 3- 4 minutes before slicing or serving.) Serve with the chimichurri sauce.

*Recipe courtesy of L'Academie de Cuisine Chef Brian Patterson*

*For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>*



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