

Pan-Seared Steak

As prepared by Issac Gray of
Wildman's Spice Company, New Hampshire, Ohio

Ingredients: Steak

One-inch or thicker steak
Avocado oil
Wildman's Chef's Seasoning
Wildman's Peppercorn
Steak Seasoning



Making compound butter:

½ stick of soft butter, but not melted
Wildman's Granulated Garlic
Wildman's Rosemary Leaves
Wildman's Thyme Leaves

Mix a teaspoon of each into the soft butter and set aside for later.

Ingredients: Potatoes

3 red-skinned potatoes, diced
Wildman's Garden Fresh Vegetable Seasoning
Wildman's Chopped Onion

Directions:

Set a cast iron skillet to medium to high heat. (Hot enough to make the steak sizzle when it touches the skillet.) Dab the steak dry with a paper towel then rub with avocado oil. Sprinkle generously with Chef's Seasoning and a dash of Peppercorn Steak Seasoning on both sides.

When the skillet is hot, place the steak in the middle and sear for 3-4 minutes, then flip once and sear the other side for 3-4 minutes. Then set the steak aside in a baking pan and let rest while preheating the oven to at least 450°.

In the same skillet with the heat turned to low, add potatoes and spread throughout. Sprinkle Garden Fresh and Chopped Onion seasonings generously over the potatoes. Add a small amount of oil and mix all together. Cover and let cook while stirring occasionally.

When the oven is ready, take some of the compound butter and place it on the top of the steak in the baking pan. Place the steak in the oven and bake until it reaches the desired temperature of 140 degrees internally. (Use a digital thermometer to measure.) This will produce a perfect medium-rare steak.



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Directions Continued:

After the steak is in the oven, put the rest of the compound butter into the potatoes and stir as the butter melts.

Cover the potatoes again and let them finish cooking until they are as soft as you'd like.

Once the steak reaches 140 degrees, remove it immediately from the oven and cover the baking sheet with foil. Let the steak rest for 5-10 minutes.

The potatoes should be done and once the steak is rested, it should be ready to serve.