

# Reverse Sear a Steak

Recipe courtesy of: Jason J. Morgan - [www.castironronin.com](http://www.castironronin.com)



## Ingredients:

- Thick steaks
- Smoked Sea Salt (Optional)
- Sea Salt (If you don't have smoked sea salt)
- Mesquite Liquid Smoke (Optional – Should be used if you don't have smoked sea salt)
- Real Butter (Not Optional - I prefer Kerrygold)
- Montreal Seasoning (Optional)

## Directions:

- Preheat your oven to 220°F
- Place your steaks on a wire rack on a baking sheet or into a grill pan. Add liquid smoke at this point to the tops of the steak if you want, but don't go crazy, A teaspoon or so is enough. Add Montreal Seasoning if you want to at this time as well. (I usually don't because I like the flavor of the beef more but it is a pretty good and popular option...)
- Place the steaks into your oven and cook until they are about 10-15 degrees lower internal temperature than your desired doneness

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Doneness	Target oven temp	Final temp	Approximate oven time
Rare	105°F	120°F	20 to 25 minutes
Medium-Rare	115°F	130°F	25 to 30 minutes
Medium	125°F	140°F	30 to 35 minutes
Medium-Well	135°F	150°F	35 to 40 minutes
Well-Done	Not Supported	Not Supported	Why Bother?

A meat thermometer is a great idea for this. People advise against a meat thermometer for steaks because it can cause them to lose juices but it will not hurt these at all. The low and slow technique means that the juices will not run out when it is pierced. If you don't have one, an instant read digital one can be picked up at Walmart for around \$10. I learned to do this by touch but a meat thermometer is easy and accurate.

- Before you remove the steaks from the oven, you want to pre-heat your pan on the stovetop with just a small amount of oil (less than a tablespoon). Peanut oil is best, followed by coconut oil, but vegetable oil will work too. You want something that can take high heat without smoking at too low of a temperature
- When the pan begins to smoke slightly then you add the steaks
- This is where it is very helpful to have cast iron; it can take the high heat and retains the heat very well when you put the meat in
- You should get a nice crust on the meat in about 1 minute, flip the steak and let it go another minute. Then, using tongs, hold the steaks on their edges and sear the edges
- Remove from the pan to a plate
- Top with good butter and smoked sea salt. If you don't have smoked sea salt use sea salt. With traditional cooking methods you have to rest the steak after cooking so that the juices don't all run out when you cut into the steak but that isn't required with this method

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