

Steak

1 - 2 Servings

Amount	Size	Description
8 – 10	Oz	Steak (Ribeye, Fillet, Tenderloin, etc.)
2 - 3	Tbl	Old Norse World Cuisine Steak Seasoning
1	Large	Clump Garlic – Cut in half laterally
5 – 6	Sprigs	Fresh Thyme
4 – 5	Tbl	Unsalted Butter

Instructions

- 1) Let the steaks sit out on the counter for 1 – 2 hours to bring the center up to room temperature.
- 2) Preheat the oven to 425 degrees.
- 3) Liberally season the steak using Old Norse World Cuisine Steak Seasoning. Pinching the spice blend and with your hand 14 to 16 inches above the steak, sprinkle gently over the surface. Fanning the spice blend over the entire surface of the steak. Flip the steak and repeat. Make sure to season the edges as well.
- 4) Heat a cast iron skillet over medium high heat.
- 5) Add a few tablespoons of butter.
- 6) After the butter has melted, add the garlic halves and the thyme to the side of the steak and in the butter.
- 7) After a minute or so, flip the steak. Using a spoon, pour the butter from the pan over the steak.
- 8) After a minute or so, pick up the steak and brown the sides all around the steak.
- 9) Place the steak on a cooking grate. Place the thyme and garlic clumps on top of the steak and place in the preheated oven.
- 10) Let cook for 5 – 7 minutes.
- 11) Take out of the oven and let stand for 10 minutes.
- 12) Steak should finish a nice medium rare red on the inside.

