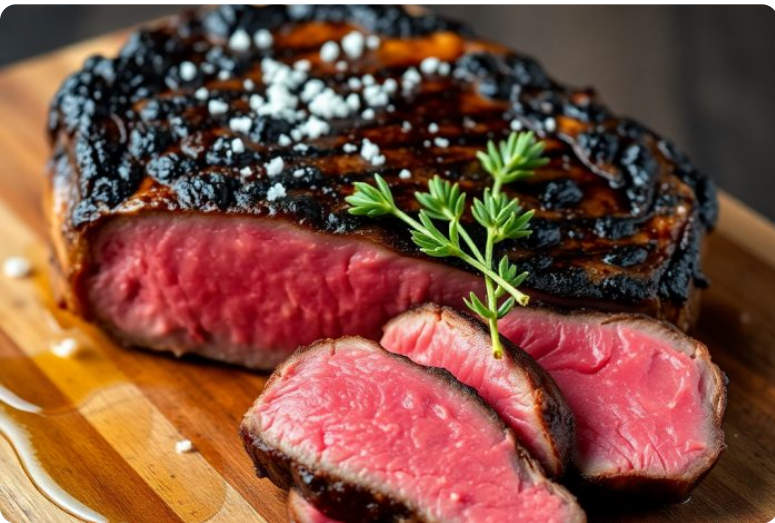


Elegant Medium-Rare Pan-Seared Steak with Sea Salt Finish

A premium medium-rare steak cooked to juicy perfection with a crispy charred crust. Finished with coarse sea salt cascading over the tender slices, this dish embodies luxury and mouth-watering elegance.


45 min

Total time

Medium

Difficulty

550

kcal / serving

Ingredients

- 1 premium ribeye or sirloin steak (about 8 oz)
- 1 tsp coarse sea salt, plus extra for finishing
- 1/2 tsp freshly ground black pepper
- 1 tbsp olive oil or clarified butter
- 1 garlic clove, smashed
- 1 sprig fresh thyme or rosemary (optional)

Steps

- 1 Remove the steak from the refrigerator and let it come to room temperature for 30 minutes.
- 2 Pat the steak dry with paper towels, then season both sides generously with coarse sea salt and black pepper.
- 3 Heat a heavy skillet (cast iron preferred) over high heat until very hot.
- 4 Add olive oil or clarified butter to the pan, then immediately place the steak in the skillet.
- 5 Sear the steak for about 3-4 minutes on the first side without moving it to develop a crispy char.
- 6 Flip the steak and add the smashed garlic and herb sprig to the pan.
- 7 Cook for another 3 minutes for medium-rare, spooning the melted butter and aromatics over the steak.
- 8 Remove the steak from the pan and let it rest on a cutting board for 5 minutes.
- 9 Slice the steak into three elegant pieces and stack them on a vintage style fork.
- 10 Finish by sprinkling coarse sea salt crystals from above, allowing some to freeze mid-air for a sparkling effect.
- 11 Serve immediately with a black stone board or dark platter for a luxurious presentation.