

Cast-iron Cowboy Steak

This is the best way to cook a thick, juicy bone-in steak restaurant-style without smoking up the house. The skillet surface area promotes a more assertive flavor and better sear than grill grates, yielding a steak with the proper steak house crust.

Ingredients

- Kosher salt and freshly ground black pepper
- 1** (1 1/2- to 2-lb.) bone-in rib-eye or porterhouse steak (about 2 inches thick)
- 1** tablespoon vegetable oil
- 3** tablespoons butter
- 8** fresh herb sprigs (such as thyme, rosemary, and oregano)
- 3** garlic cloves, peeled and smashed



Method

1. Preheat grill to 400° to 450° (high) heat. Heat a 12-inch cast-iron skillet on grill, covered with grill lid, 15 minutes. Sprinkle salt and pepper generously over steak.
2. Add oil to skillet. (Oil should smoke.) Using tongs, place steak in skillet, and cook on grill, without grill lid, 10 minutes or until dark brown and crusty. Turn steak on fatty edge in skillet, holding upright with tongs, and cook 2 minutes. Place steak, uncooked side down, in skillet. Cook on grill, covered with grill lid, 8 to 10 minutes or to desired degree of doneness. (We recommend an internal temperature of 120° to 125° for medium-rare; temperature will rise as steak rests.)
3. Add butter, herbs, and garlic to side of skillet, and cook 2 to 3 minutes or until butter foams. Tilt skillet slightly, and spoon butter mixture over steak 20 times (being careful not to splatter). Transfer steak, herbs, and garlic to a platter; let stand for 5 to 10 minutes. Slice against the grain.

Source: -- (Servings: --)