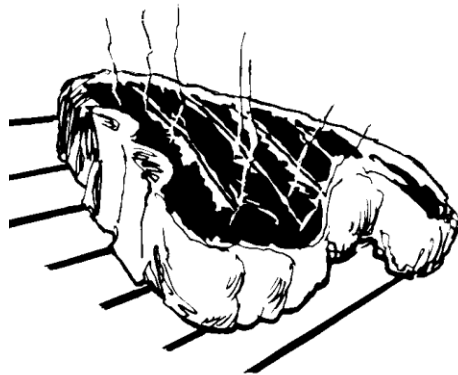


T-BONE STEAK

(Adapted from "Classic Cast Iron")

Makes: 1-2 servings

1 Tbsp	canola oil
1	(1 to 1- ½ inch thick) T-bone steak *
1 tsp	kosher salt
1/2 tsp	ground black pepper
3 Tbsp	unsalted butter
3	cloves garlic
1	sprig rosemary



1. First, in a 10-inch cast iron skillet, heat oil over medium-high heat. **
2. Next, season both sides of steak with salt and pepper. When skillet begins to smoke, add steak. Cook until browned, 3-4 minutes per side. Remove steak from skillet. Reduce heat to medium-low. Add butter, garlic and rosemary to skillet. Cook until butter begins to brown, 2-3 minutes. Return steak to skillet.
3. Lastly, cook, basting with butter mixture, until steak has reached desired degree of doneness, about 5 minutes more for medium-rare.

Notes:

* Used rib-eye steak.

** I pre-heated cast iron skillet in oven at 400°F to evenly distribute heat, before placing on burner.