

Pan Seared Rib eye

Meat, Beef

SERVINGS: 1

INGREDIENTS:

- 1 Rib eye 1 inch thick
- 2 Tbls PyroDust Beef Rub
- 1 tsp Olive oil

Equipment needed:

Cast Iron skillet



DIRECTIONS:

While prepping your steak, heat your cast iron skillet. Let it reach the point where it starts to smoke.

Coat steak with oil, and dust with PyroDust Beef Rub

Once skillet reaches the smoke point add the steak, and start your timer for 3 minutes. Do not move the steak until ready to flip.

After 3 minutes flip steak, and cook on the second side for 2 minutes, do not move steak until ready to remove.

After 2 minutes, remove steak and let rest for 5 minutes. This will allow the juices to be reabsorbed by the meat.

Notes:

Cast iron skillets works best for this, Open window and turn your vent fan on, this may create a lot of smoke, and may set off your smoke alarm.

Serve with your favorite side dish