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Cast Iron Steak

There's something truly exceptional about a **steak cooked in a cast iron pan**. The **heavy skillet traps heat efficiently**, locking in all those delicious flavors and creating a mouthwatering sear that's hard to resist. Unlike outdoor grilling, which can sometimes result in uneven cooking or a less intense crust, **cast iron delivers consistent heat**, ensuring a perfect, golden-brown exterior with a juicy, tender center.

Once you experience the **rich flavor and beautiful crust** of a pan-seared steak, you might find it hard to go back to traditional grilling methods. Just remember—**cast iron gets extremely hot**, so always use **oven mitts or a heat-resistant glove** when handling the pan.

What You Need

This recipe is based on one steak. If cooking multiple steaks in a larger pan, double the oil as needed.

- **Cast iron pan** (sized to fit your steak)
- **1 tbsp avocado oil** (or another high-heat oil like canola; do not use olive oil)
- **1 steak** (sirloin, ribeye, or filet mignon), **¾" to 1" thick**
- **Kosher salt and black pepper**, to taste

💡 **Important:** Always **bring your steak to room temperature** before cooking. **Never cook a cold steak**, as it can lead to uneven doneness.

Let's Cook!

1. Preheat & Prepare the Steak

- **Preheat oven to 450°F (232°C).**
- **Pat the steak dry** with a paper towel to remove excess moisture.
- **Generously season** both sides with **kosher salt and black pepper**.

2. Heat the Pan & Sear the Steak

- Once the oven is preheated, **add oil** to the **cast iron pan** and heat over **medium-high heat**.
- When the oil **shimmers**, carefully place the steak in the pan **away from you** to prevent splattering. *(If it doesn't sizzle immediately, remove and wait another minute before trying again.)*
- **Sear one side for 5 minutes** without moving the steak.
- Using **tongs**, turn the steak on its **side** and cook the **edges for 2–3 minutes per side**, including the **top and bottom**.
- **Flip the steak** so the **uncooked side is now facing down** in the pan.

3. Finish in the Oven

- Turn off the stovetop heat and transfer the **cast iron pan to the middle oven rack**.
- Bake for **7–10 minutes**, then check the internal temperature with a meat thermometer.

4. Rest & Serve

- Remove the steak when it's **5°F below your target doneness**, as it will continue cooking while resting.
- Let the steak **rest for 7–10 minutes** before slicing to allow the juices to redistribute.

Steak Doneness Guide

- **Rare:** 120–130°F → cool, red center
- **Medium rare:** 130–135°F → warm, red center
- **Medium:** 135–145°F → warm, pink center
- **Medium well:** 145–155°F → slight pink center
- **Well done:** 155°F+ → little to no pink
- **Extra well:** 170°F+