



Perfect Steak



Ingredients

4 NY Strip Steaks 1 ½"-2" thick
3 C. Pastry Flour
4 T. Butter
1 T. Thyme
Salt (to taste)
Freshly Ground Black Pepper (to taste)
Fresh Parsley (to garnish)
Vito & Joe's Extra Virgin Olive Oil

How to Prepare

Preheat oven to 400°. Drizzle Vito & Joe's Extra Virgin Olive Oil across each steak; rub oil into each steak and both sides. Season steak with salt, freshly ground black pepper and a sprinkling of thyme on both sides; set aside.

Put 3 C. flour, 1 T. salt, remaining thyme and 1 T. freshly ground black pepper into bowl and mix together. Dredge each steak in the flour mixture on all sides.

In a hot oven safe pan with about 1/3 C. Vito & Joe's Olive Oil sear steaks 5 minutes on each side. Remove pan and place in preheated oven for 5 minutes for medium rare. 130°-135° for rare to medium-rare up to 165°-170° for well done. Place pan back on stove top and heat; place butter in pan and cook just until butter is melted.

Remove and heat and let rest covered under aluminum foil for 5-7 minutes. Serve with Cooking Italian with Joe's Gorgonzola Butter and fresh parsley.

Bon Appétit!