



TASTING TABLE

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The Perfect Rib Eye

Recipe adapted from Nathan McCall

Makes 2 servings

- 1 rib-eye steak, one-inch thick (approximately 1 to 1 ½ pounds)
- Salt and pepper
- 2 garlic cloves, unpeeled
- 8 thyme sprigs
- 2 tablespoons unsalted butter
- 6 tablespoons grapeseed oil

1. Remove the rib eye from the refrigerator at least 30 minutes before cooking and sprinkle with salt and pepper. Preheat the oven to 300°.
2. Heat a cast-iron or heavy-bottomed skillet over high heat. Coat the pan with the grapeseed oil and heat until it begins to smoke. Sear the steak on all sides until a brown crust forms, about 2 to 3 minutes per side. (Note: There will be smoke, but do not turn down the burner.)
3. After searing, crush the garlic with your hands and add to the pan with the thyme and 1 tablespoon of butter. Lower the heat to medium and use a spoon to baste the meat until it is evenly coated. If desired, use a meat thermometer to test temperature (125° for rare, 135° for medium-rare or 140° for medium).
4. Transfer the steak to a wire rack set over a rimmed baking sheet (leave the garlic, thyme and butter in the pan). Place the baking sheet in the oven for 5 to 7 minutes, and then remove the steak and let rest at least 15 minutes on the rack.
5. Add the remaining 1 tablespoon of butter to the skillet and heat over moderately high heat until it just begins to foam. Drizzle the butter over the steak, sprinkle with salt and pepper and serve.

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