

Rich's Ribeye Steak

Ingredients

- 1 Ribeye Steak
- Sea Salt Flakes
- Freshly ground black pepper
- ¼ cup (50 g) of butter
- 2 Sprigs thyme
- 1 clove of crushed garlic with its skin

Directions

1. Take the steak out of the refrigerator at least 30 min before cooking, allowing it to reach room temperature. This will ensure the steak will cook evenly.
2. When you are ready to cook, generously season the steak with lots of salt and pepper on both sides and set on top for even coverage.
3. Heat the frying pan. NOTE: If you are cooking more than one steak, make certain that pan is large enough to cook both steaks comfortably. Otherwise, use 2 frying pans.
4. Add the steak to the pan over medium-high heat for 2-3 minutes per side, depending on thickness and how you like your steak.
5. After turning the steak for the first time, add butter, thyme and garlic and stir for one minute. This can be done by tilting the pan, allowing the sauce to collect, and then spoon the collected butter over the steak repeatedly.
6. NOTE: a 1.5" thick steak should be cooked in about. If you have a meat thermometer, rare should be in the 125-130 degree range, medium should be in the 140-150 degree range, and well done would be in the 155-160 degree range.
7. Once cooked as desired, remove from pan and let the steak rest for 5 minutes. Following that, you may cut the steak into strips and serve with your choice of side dish.