

Marinated Ribeye Steak in Iron Skillet

2 grass-fed Ribeye steaks (about $\frac{3}{4}$ lb each) – also works with NY Strip or Top Sirloin

1 lemon juiced
 $\frac{1}{4}$ cup olive oil
2 T apple cider vinegar (we use Bragg's)
1 t paprika powder
 $\frac{1}{2}$ t cumin powder
 $\frac{1}{2}$ t mustard powder
 $\frac{1}{2}$ t turbinado sugar (or similar)
 $\frac{1}{4}$ t sea salt
 $\frac{1}{4}$ t black pepper

Thaw frozen steaks ahead of time. When completely thawed, use a fork and prick both sides of the steak all over, trying to ensure the entire surface is penetrated. Place meat and marinade in ziplock bag and seal. Make sure meat is completely covered with marinade by gently shaking bag.

Let sit at room temp for 2 – 2 $\frac{1}{2}$ hours, turning several times throughout.

Heat seasoned iron skillet to medium high heat. Drain meat and pat dry with paper towel. When skillet is very hot –barely starting to smoke – place a teaspoon of butter in and let melt. Place steak in skillet. (You may need to use 2 skillets if you are cooking 2 steaks.)

Cook first side for about 2 minutes only. **Do not over cook!** Turn over and cook for 2 – 3 minutes longer. **Do not over cook!** Remove skillet from heat and let sit with a loose, unsealed tent of aluminum foil for about 5 minutes. The inside will be red, but as the steak rests it will cook more evenly and distribute the juices.

Check for doneness by making a small slit with a sharp knife. If steak is pink to slightly red on the inside and weeping red juice on the outside, it is done. This method results in a steak that is cooked thoroughly and does not taste “rare,” even though it looks more pink/red in the middle.

Our meat is good, clean meat and does not need to be blasted with heat to kill “the bad stuff.” Steaks are best and most tender when not over-cooked.

Remove from skillet and let sit on a pre-heated plate with foil tent for another 5 – 10 minutes while serving the rest of the meal. Enjoy.

Recipe by Knight Family Farm