

Pan Grilled New York Strip Using London Broil Method

Ingredients:

2 New York Strip steaks, at least one inch thick
2 t. dry mustard powder – or to taste
½ t. salt – or to taste
¼ t. pepper – to taste
4 T. butter, softened to room temperature

Directions:

Remove thawed meat from refrigerator 2 hours before cooking to bring to room temperature.

Heat a large, cast iron skillet to medium high heat. Rub the dry-mustard into both sides of the meat. Add the salt and pepper. Rub the soft butter over both sides of the meat. Place the meat in the hot pan. Let cook for 2 – 3 minutes on each side; check before flipping to make sure it has nicely browned.

Take the skillet off the heat and let the meat sit for several minutes in the skillet. Tent the meat with aluminum foil. The cast iron skillet will retain enough heat to cook the meat to medium rare. You can test for doneness by using a small sharp knife and cutting into the center to check the color. Or, if the meat is brown on both sides and it is weeping red juice it's done.

Cooking the meat more than medium rare will increase the chances of it being tough or dried out.

Serve with pan juices if desired (very good!)

from: simplyrecipes.com



The Pan Broiled method of cooking London Broil. Using a New York Strip will look very similar.



Thin slices of the finished New York Strip