

American / Steakhouse

Main Courses

Reverse-Seared Thick-Cut Ribeye Steak

⌚ Prep: 10m

🔥 Cook: 50m

❄️ Rest: 8h

Σ Total: 540m

🍽️ 2 servings



Video ref: J. Kenji López-Alt

MISE EN PLACE / INGREDIENTS [7]

- ☐ 2 lbs Thick-cut Ribeye or New York strip (minimum 1.5 to 2 inches thick) (USDA Choice / Prime)
- ☐ 1 tbsp Coarse Kosher salt (Diamond Crystal)
- ☐ 1 tsp Freshly ground black pepper
- ☐ 1 tbsp High-smoke-point neutral oil (avocado oil or beef tallow)
- ☐ 2 tbsp Unsalted butter
- ☐ 3 cloves Garlic cloves, lightly crushed
- ☐ 4 sprigs Fresh thyme sprigs

US SUPERMARKET BRAND GUIDE

Thick Cut Steak: 1.5 to 2-inch Bone-In Ribeye

Thickness is mandatory for the reverse sear to work without overcooking the center. • 📍 Costco or local butcher.

COOKING SEQUENCE & CHECKPOINTS

- 1

Dry Brine Overnight

⌚ 8h (480m)

Season the steak generously all over with 1 tbsp coarse kosher salt and 1 tsp freshly ground black pepper on a wire rack set over a rimmed sheet pan, then refrigerate uncovered for 8 to 24 hours.
✓ Checkpoint: Dry, dark red surface.
- 2

Low-Temp Gentle Bake

⌚ 45 min

Roast on the wire rack at 250°F (121°C) until an instant-read thermometer in the center reads 115°F (46°C) for a medium-rare target (or 130°F / 54°C if targeting the 145°F / 63°C USDA final standard).
✓ Checkpoint: Warm exterior with dry matte finish.
- 3

Heat Cast Iron

⌚ 5 min

Heat a cast-iron skillet with 1 tbsp high-smoke-point neutral oil over high heat until heavily smoking.
✓ Checkpoint: Skillet shimmering at 500°F+.
- 4

Flash Sear with Butter & Aromatics

⌚ 2 min

Sear steak 45 seconds per side, adding 2 tbsp unsalted butter, 3 crushed garlic cloves, and 4 fresh thyme sprigs to baste until internal temperature reaches 130°F (54°C) for medium-rare (or 145°F / 63°C with a 3-minute rest for USDA standard). Transfer to board and carve immediately.
✓ Checkpoint: Dark crackling crust, wall-to-wall pink.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 145°F (63°C) USDA SAFE MINIMUM FOR WHOLE-CUT BEEF STEAKS WITH A 3-MINUTE REST**

USDA Beef Safety Minimum (≥145°F / 63°C + 3-minute rest) vs Culinary Medium-Rare Target (130°F–135°F / 54°C–57°C): The USDA recommends cooking whole-muscle beef cuts to 145°F (63°C) with a 3-minute rest. Cooks targeting a traditional steakhouse medium-rare texture (130°F–135°F / 54°C–57°C) should use intact, non-blade-tenderized steaks and sear all exterior surfaces thoroughly.

👁️ **MASTER DONENESS CHECKPOINT:**

Edge-to-edge even rosy pink core with zero grey banding beneath a razor-thin crackling crust.

🔬 **WHY IT WORKS:**

Desiccated Surface for Maillard: Low-heat oven baking at 250°F (121°C) evaporates surface moisture completely, allowing blistering Maillard browning in cast iron within 45 seconds.

⚠️ **TROUBLESHOOTING:**

Thick grey band under crust: Skillet must be screaming hot (over 500°F) and sear limited to 45 seconds per side.