

Mexican / Steakhouse

Main Courses

Cast-Iron Seared Ribeye with Garlic Herb Butter

Prep: 15m

Cook: 12m

Rest: 27m

Total: 54m

2 servings



Video ref: La Capital (Óscar Herrera)

MISE EN PLACE / INGREDIENTS [7]

- ☐ 2 lbs 1.5 to 2-inch thick Bone-in Ribeye steak
- ☐ 4 tbsps Unsalted European style butter (Kerrygold)
- ☐ 5 cloves Garlic cloves, crushed in skins
- ☐ 3 sprigs Fresh rosemary and thyme sprigs
- ☐ 1 tbsps High-smoke-point neutral oil (avocado or canola)
- ☐ 1.5 tsp Kosher salt (Diamond Crystal)
- ☐ 1 tsp Freshly ground black pepper

US SUPERMARKET BRAND GUIDE

Ribeye Steak: USDA Prime or Choice Ribeye
High intramuscular fat bastes the meat internally. •
Costco or butcher counter.

European-Style Butter: Kerrygold Pure Irish Unsalted Butter
82% butterfat content foams cleanly with rich nutty aromatics. • Dairy aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Dry Brine & Temper

20 min

Pat steak bone-dry, season all sides with 1.5 tsp kosher salt and 1 tsp freshly ground black pepper, and rest at room temperature for 20 minutes.
✓ Checkpoint: Dry seasoned surface at room temperature.
- 2

Hard Cast-Iron Sear

8 min

Heat cast-iron skillet until lightly smoking with 1 tbsps high-smoke-point neutral oil. Sear steak 3–4 minutes per side and render the fat cap (8 minutes total).
✓ Checkpoint: Deep mahogany exterior.
- 3

Garlic Herb Butter Baste

4 min

Drop heat to medium, add unsalted butter, crushed garlic cloves, and rosemary and thyme sprigs. Tilt skillet and spoon foaming butter continuously over the steak for 4 minutes until internal temperature reaches 130°F (54°C) for medium-rare (or 145°F / 63°C USDA standard).
✓ Checkpoint: Nutty, foaming herb butter and target internal temperature.
- 4

Crucial Rest

7 min

Transfer steak to a warm cutting board, pour resting butter over top, and rest 7 minutes before thick slicing.
✓ Checkpoint: Juices locked into fibers.

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:
Dark mahogany crust yielding to a juicy pink medium-rare center at 130°F.

WHY IT WORKS:
Continuous Basting (Arrosé): Spoon-bathing bubbling butter over the seared crust cooks meat gently through convection without scorching.

TROUBLESHOOTING:
Burnt butter: Sear meat in neutral oil first; reduce heat before adding butter.