

A Perfectly Cooked Steak



I recently visited DelFrisco's Steakhouse in New York City and had the most delicious steak. A perfectly cooked steak is an essential part of every good cook's repertoire. The best part is, anybody can do it! Perfectly cooked tender cuts of meat like tenderloin requires two steps: searing and roasting.

Once the tenderloin is trimmed and cut into filets, rub them with salt and pepper. Then heat a heavy ovenproof skillet or saute pan on the stove for 5 minutes. Add oil to the pan.

Once the oil is hot, sear the filets well on one side. This adds flavor. Turn the steaks and transfer them to the oven to finish roasting at a high temperature. This technique keeps all the natural flavor and moisture in the filets while they finish cooking.

DONENESS CHART

Use the chart below to determine how long to cook your steaks.

Don't rely on an internal temperature. The holes the thermometers leave behind allow juices to leak. And be sure to let the steaks rest before serving. This is based on 2 inch thick filets.

RARE

- Sear: 5 minutes
- Roast at 425 degrees: 5 minutes
- Rest: 5 minutes

MEDIUM-RARE

- Sear: 5 minutes
- Roast at 425 degrees: 7 minutes
- Rest: 5 minutes

MEDIUM

- Sear: 5 minutes
- Roast at 425 degrees: 9 minutes
- Rest 5 minutes