

# Recipes by Chef Andy Tann

## Steaks

Cook time: about 10 mins.

### Ingredients

Coarse salt - Kosher, Himalayan pink salt, sea salt works best (regular table salt will dry out the steak and become too salty on your palette)

Freshly cracked black pepper (regular ground pepper will not work as well and will be spicier on your palette than cracker black pepper)

Thick cut steaks - at least 2" - 3" thick (thin steaks will cook through and dry out with this recipe)



### Directions

- 1)** Set steaks out on a plate and allow them to get to room temperature. (Cold steaks right from the refrigerator will not cook properly and will burn on the outside while the interior of the steak will not cook evenly).
- 2)** Liberally rub in coarse salt and freshly cracked black pepper.
- 3)** On a preheated grill set to medium, grill each steak about 2 minutes each side. Check to make sure steaks are browning evenly on both sides.
- 4)** Place steaks in a heavy-duty pan and bake at 450 degrees for about 3-5 minutes.
- 5)** Check the temperature by inserting a meat thermometer into the thickest part of the steak, when the temperature reaches 145 degrees place the steaks on a large platter and loosely cover with foil and let rest for about 10 minutes to finish cooking. This will allow the natural juices to absorb back into the meat so your steaks will stay perfectly juicy.
- 6)** Steaks will come out to medium, if you prefer rare or well-done steaks you will need to adjust your cooking time accordingly to your desired preference.