

Estelle

500g Dry aged rib eye for 2

1. Read through the instructions in full & collect required equipment
2. Remove your steak from the fridge one hour before cooking to allow it to come to room temperature
3. Remove steak from the bag & pat dry with a paper towel
4. Season to your taste with salt & pepper
5. In a large heavy based fry pan, or on your BBQ, sear each side of the steak for 4 - 6 minutes over medium heat until caramelised, and the internal temperature is approximately 56°C. If you like your steak more well done, simply cook it for a few minutes more
6. Remove the steak from the pan and rest it for 5 minutes
7. Carve your steak into slices & serve with your favourite condiments!

