



INGREDIENTS

PERFECTLY PAN SEARED NEW YORK STRIP STEAK

1 Premium Fitch Ranch New York strip steak, about 1-pound
Salt and freshly ground pepper to taste

1 tablespoon vegetable oil
2 tablespoons butter
2 cloves garlic, smashed
2 sprigs rosemary or thyme

GORGONZOLA CREAM SAUCE

1 cup heavy cream
1/2 cup gorgonzola, crumbled
Freshly ground pepper to taste
2 tablespoons chopped parsley

TIME TO
PREPARE

2 mins

TIME TO
COOK

10 mins

CREATED BY:

Olivia
oliviascuisine.com

RECIPE NAME

PAN SEARED NEW YORK STRIP STEAK WITH GORGONZOLA CREAM SAUCE

PROCEDURE

PAN SEARING THE NEW YORK STRIP STEAK:

Pat New York strip steak dry with paper towel and season generously with salt and pepper. Heat a large cast iron skillet, over medium high heat, until smoking hot.

Add the vegetable oil and swirl to coat the pan.

Place the steak in the hot skillet and cook for 30 seconds without moving. After that, you can flip frequently (using tongs) until both sides are seared and the internal temperature has reached 145F degrees for medium-rare, about 8 minutes of cooking time depending on thickness. Don't forget to sear the sides!

When the New York strip steak is almost done, add butter, garlic and herbs to the skillet. Use the herbs to baste the steak with the melted garlicky butter.

Remove the steak to a cutting board to rest for at least 2 minutes. Slice against the grain and serve.

MAKING THE GORGONZOLA CREAM SAUCE:

Heat the heavy cream in a saucepan, over medium heat. Once it starts to boil, add the gorgonzola and whisk until the cheese has melted and the sauce thickens to the desired consistency, about 5 minutes. Remove from heat and add the black pepper and chopped parsley. Serve immediately with your steak!