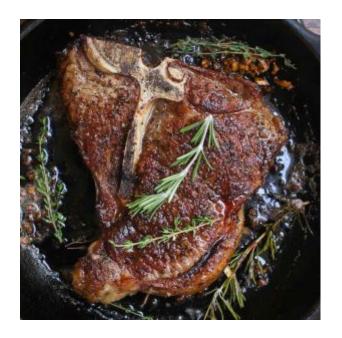
## Perfect T-Bone Steak



T-bone Steak seared to caramelized perfection on the outside and juicy in the middle. It's full of flavor with no marinating required!

Serving Size: 4
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Joe's T-Bone Steak

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## Ingredients

- 1 1/2 pounds T-bone steak, about 1-
- 2 tablespoons olive oil
- 1 teaspoon coarse salt, or to taste
- 1 teaspoon black pepper, freshly gro
- 2 cloves garlic, minced
- 1 tablespoon unsalted butter
- fresh rosemary, optional

## Instructions

- Remove the steak from refrigerator 3 cooking.
- Position the oven rack in the middle
- Place a large cast-iron skillet over hi preheated oven for 15 minutes.)
- Remove any bits of bone and pat dry searing.
- Rub on all sides with 1 tablespoon or
- Season both sides with salt and pepp
- Add the remaining 1 tablespoon oil t
- Carefully place the steak in the pan u
- Sear the first side for 2 minutes.
- Flip using kitchen tongs and sear the
- Add garlic, butter and rosemary and
- Bake for 2-3 minutes without flippin meat thermometer.
- Remove steak to a plate or cutting be back into the meat.
- Cut the meat away from the bone and
- Serve and Enjoy!

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