

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 ground
- 2 cloves garlic, minced
- 1 tablespoon unsalted butter
- fresh rosemary, optional

Instructions

- Remove the steak from refrigerator 30 minutes before cooking.
- Position the oven rack in the middle of the oven.
- Place a large cast-iron skillet over high heat in a preheated oven for 15 minutes.)
- Remove any bits of bone and pat dry with paper towels.
- Searing.
- Rub on all sides with 1 tablespoon of olive oil.
- Season both sides with salt and pepper.
- Add the remaining 1 tablespoon oil to the skillet.
- Carefully place the steak in the pan using tongs.
- Sear the first side for 2 minutes.
- Flip using kitchen tongs and sear the other side for 2 minutes.
- Add garlic, butter and rosemary and cook for 1 minute.
- Bake for 2-3 minutes without flipping the steak. Use a meat thermometer.
- Remove steak to a plate or cutting board and tent with foil. Push back into the meat.
- Cut the meat away from the bone and serve.
- Serve and Enjoy!

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