
Cast-Iron Cowboy Steak

The Essential Southern Living Cookbook

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

This is the best way to cook a thick, juice bone-in steak restaurant-style without smoking up the house. Use the grill to heat the cast-iron skillet: the skillet surface area promotes a more assertive flavor and better sear than grill grates, yielding a steak with the proper steakhouse crust.

Kosher salt

freshly ground black pepper

1 (1-1/2- to 2-pound) bone-in ribeye or porterhouse steak, about two-inches thick

1 tablespoon vegetable oil

3 tablespoons butter

8 sprigs fresh herbs (thyme, rosemary, oregano)

3 cloves garlic, peeled and smashed

Preheat the grill to high (400 to 450 degrees). Heat a twelve-inch cast-iron skillet with a lid on the grill for 15 minutes, with the grill lid closed.

Sprinkle with salt and pepper generously over the steak.

Add oil to the skillet (the oil should smoke). Using tongs, place the steak into the skillet. Place the skillet on the grill. Grill with the lid open, until dark brown and crusty, about 10 minutes. Turn the steak on the fatty edge in the skillet, holding upright with the tongs. Cook for 2 minutes. Place the steak, uncooked side down, into the skillet. Cook on the grill, grill lid closed, for 8 to 10 minutes or to the desired doneness (120 to 125 for medium-rare). (The temperature will rise as the steak rests.)

Add the butter, herbs and garlic to one side of the skillet. Heat for 2 to 3 minutes or until the butter foams. Tilt the skillet slightly, and spoon the butter mixture over the steak twenty times (being careful not to spatter).

Transfer the steak, herbs and garlic to a serving platter. Let stand for 5 to 10 minutes.

Slice the steak against the grain.

Yield: 2 to 4 servings`

Beef

Per Serving (excluding unknown items): 439 Calories; 48g Fat (96.5% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 353mg Sodium. Exchanges: 1/2 Vegetable; 9 1/2 Fat.