

A VERY MERRY
CHRISTMASLAND
& Happy New Year 2021



Pan Seared Rib-Eye Steak 香煎肉眼扒



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Ingredients 材料

Serving: 2

USA Chilled Prime Black Angus Beef Rib Eye	1 pc
Le Comptoir de Mathilde Himalayan Pink Salt with Espelette Pepper with Grinder	to serve
Benedicta Bearnaise Sauce	to serve
Unsalted Butter	8 tbsp

美國冰鮮頂級黑安格斯牛肉眼	1 件
Le Comptoir de Mathilde 即磨埃斯佩萊特辣椒喜馬拉雅粉紅鹽	適量
Benedicta 蛋黃醬汁	適量
無鹽牛油	8湯匙

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Step 步驟

1. Pat the steak dry. Salt it liberally on both sides.
2. Heat a heavy cast iron skillet over medium-high. When the pan is hot, place the steak on one of its edges in the pan. Cook for one minute, then rotate to another edge until the entire circumference of the steak is seared.
3. Remove the pan from the burner and place the steak on a plate. Turn the heat to medium-low. Wait one minute, then add the butter and let it melt.
4. Return the steak to the pan, this time laying it on one side. Cook for one minute, basting the steak with the butter. Flip and cook for another minute, still basting. Repeat this five times, then check the temperature by inserting Steak Champ Steak Thermometer sideways into the steak at least two inches.
5. Remove the steak to a rack. Let rest ten minutes.
6. Slice and serve with Béarnaise Sauce. Enjoy!

1. 用廚紙印乾肉眼扒，並在兩面灑上粉紅鹽。
2. 以高溫加熱平底鍋中，當鍋變熱時，先將肉眼扒邊放上鍋。每邊煮1分鐘，直到烤香。
3. 將肉眼扒放在碟子上。將熱量調至中低溫。等待1分鐘，然後加入牛油使其融化。
4. 將肉眼扒放回鍋中，煮1分鐘，用牛油將肉眼扒烤熟。翻動再煮1分鐘，重複五次，然後用牛扒溫度計來檢查肉眼扒溫度。
5. 將肉眼扒移到木板上。靜置10分鐘。
6. 切片並搭配蛋黃醬汁，即可享用