



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM WITH CHEF SETH WILLIAMS

### RIBEYE STEAK

1 – 20 ounce bone-in ribeye steak	2 tablespoons extra virgin olive oil
1 tablespoon fresh rosemary, removed from sprig	2 tablespoons butter
	Salt and pepper to taste

1. Preheat the oven to 415 degrees F. Remove the steak from the fridge 30 minutes before cooking. This is to bring the steak to room temperature and ensure your cooking times are more accurate. Season both sides liberally with salt and pepper.
2. Add the olive oil and plain butter to an oven safe cast iron skillet and turn up high. Allow the pan to become hot first. Place the ribeye face down and sear undisturbed for 2 minutes. (Be careful placing meat into hot pan. Slowly lower meat into the pan, starting closest to you and lowering it away from you.) Flip the ribeye and sear for an additional 2 minutes. This will give your steak a nice, seared edge.
3. Add rosemary and then transfer your skillet directly to the oven. Skillet may be hot, handle with oven mitts. For rare, bake for 4 minutes. Medium rare 5-6 minutes. Medium 6-7 minutes. Medium well 8-9 minutes.
4. Let steak rest before serving.