

Fabulous Ribeye Steak

1 (700 grams) 24 ounce ribeye steak bone in, 2 inches (5 cm) thick

Salt

Pepper

Canola Oil

2-3 Garlic cloves

Directions:

Remove steak from fridge and let come to room temperature for about 45 minutes or so.

Preheat oven to 250 F/120 C, not a higher temperature!

Season steak generously with salt and pepper on both sides. Place on wire rack on rimmed baking pan (so steak gets cooked from the bottom as well as the top).

Place in oven for about 40-45 minutes for a two inch (5 cm) thick steak, I did 45 minutes, it was 43 degrees Celsius on an instant read thermometer and put in 7 more minutes and check with thermometer to see steak reaches 118-122 F/48-50 C. Remove steak from oven.

During the last five minutes of oven cooking, heat a cast iron or stainless steel (not non-stick!!) pan till smoking hot (don't burn yourself!) and add the oil till oil is shimmering hot (once pan is smoking this should take less than a minute). Take garlic cloves and cook for 30-60 seconds and remove to wire rack. Lay steak into pan and sear for about 1 1/2-2 minutes on each side (this creates the crust) and then turn with tongs to make sure the fat cap is seared as well all around the edges (the white part on the top edge of the steak). Remove from the heat and let rest uncovered for about 8-10 minutes. Serve after resting.