

## THE GREAT STEAK EXPERIMENT REVISITED

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So... How did this one start? Well, at some point I came across a video of Alton Brown's "Good Eats" where he talks about steakhouse steaks and presents a short term "dry age" technique. Or maybe it was Guga Foods talking about the Alton Brown method that got me to Alton Brown. In any case I was intrigued and yet another long saga started.

NOTE: Most, if not all of this is a transcription of my handwritten notes in my Food Experiment Logs, otherwise known as "OMD's Book of Food Experiments".

### PROBLEM STATEMENT

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Can a short term "dry age" of a steak in a regular ol' fridge improve its flavor and tenderness?

### HYPOTHESIS

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This is another where I really don't have an idea. There seems to be some disagreement on the ol' interwebs. We'll hope for a YES.

### EXPERIMENT LOG

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#### STEAK I

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20200502 (SATURDAY)

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Review Alton Brown Quasi Dry Age Method videos [on YouTube]

=> Alton Brown "Porterhouse Perfection"

Wrap steak in paper towel

Put in fridge for 24 hours

Change paper towel

Store [in fridge] for another 3 days

Basics with Babish

Let sit at room temp for 30 min with seasoning to come to room temperature

Cooking with Jack

Place unwrapped steak on cooling rack in fridge for 7 - 12 days.

Flip steak once a day.

I am not sure about this one. Doesn't really talk about the "dry aging" part.

Reference "chow chow video" on top chef

=> The Queen's Cabinet

Wrap in cheesecloth

Dry age four days

Replace cheesecloth and turn every day  
Let steak sit out for couple hours to let come to room temp before cook

### Salty Tales

Same as Alton, but does 3 days total

1144

OK... if put in the fridge now and it will be ready on Wednesday.

1155

Pull the steak and pat dry

Sell By Date is 20200504

Wrap in paper towel and put in fridge on ¼ sheet [cooling] rack in ¼ sheet [pan]

1203

Steak in fridge

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### 20200506 (WEDNESDAY)

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1824

Well... I only flipped & rewrapped the steak once which is actually what Alton Brown said to do.

Pull steak, take pics and apply W. Sauce / Kosher Salt / fresh ground pepper dry brine

1833

The steak feels "stiffer" & definitely looks a deeper red

Take pics

1838

Apply dry brine

1845

Steak is back in fridge uncovered

1952

Not entirely sure, but I think the steak may have soak[ed] up the W. Sauce

2010

Heat oven to 225 deg. F

Set timer for 29 min

2034

Lets see... When did I start this off?

Looks like Saturday

I picked up the steak on Friday.

2047

Sent pic's to family

2053

Lets get back to the steak

2054

Heat cast iron pan on HI

2057

I am pretty sure the steak soaked up some W. Sauce

Weigh out 12g ghee

15g

2100

Melt ghee in uWave

Wipe cast iron [pan] with grapeseed oil

Brush steak with ghee & sear flipping every 15 sec until nice cruse

2111

Looks like 7 to 8 times I flipped

Steak now in oven

Nice crust, but steak feels really firm

2125

Steak at 125 deg. F

Pull & put under heat dome

Temp reached 129 deg. F when I pulled it to eat

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#### PRELIMINARY CONCLUSION

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**2230**

OK... this is probably one of the most unexpected results I have had... Lets see if I can write it down

- 1) VERY nice crust. Although a tad more grey around the edges than 100% ideal. The shorter flipping times appeared to work well, but maybe I did too many
- 2) The steak definitely had more of the W. Sauce flavor. It also had a little bit of a sweet component, almost like the crust was kinda caramelized
- 3) Sometimes caught kind of a funky (good funky) flavor, but not sure if it was the "dry aged" meat or the W. Sauce
- 4) Not tough like I expected. Not super tender, but not tough like I would have thought by touching the meat before it went in the oven
- 5) I think when I try this again, set the internal temp limit 5 deg. lower
- 6) I wonder how this would work with the smoke???

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## STEAK II

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20200509 (SATURDAY)

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1302

Pull out the Prime Rib Eye I got yesterday. Take pictures

Pat dry

Wrap in paper towel

Stick in fridge in cooling rack

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20200512 (TUESDAY)

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1923

Pull steak

Get pics

Rewrap flip

1929

Back in fridge

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20200513 (WEDNESDAY)

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1858

Pull out steak, take pics, rewrap, etc

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20200514 (THURSDAY)

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2035

Pull, take pics, etc, etc,

Steak still smells OK, but I think it is picking up fridge odor (maybe lemons)

2038

Steak back on fridge

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20200515 (FRIDAY)

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1249

Pull steak, take pic's, etc

I think it is good for one more night

20200516 (SATURDAY)

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1601

Pull steak & take pics

Coat in W. Sauce

Take pics

1608

Put back in fridge uncovered

1700

Time for second coat

1703

Looks like most, but not all, of the W. Sauce has been absorbed

Apply more W. Sauce

1803

Last round of W. Sauce

Pull steak, take pics, coat in W. Sauce, back in fridge

1805

Look like not as much absorbed this time. Take pics and apply next coat

1833

Clean cast iron pan

1846

Oil cast iron with grapeseed oil

Wipe excess

1850

Remove heat

1906

Check on steak

Take pics

Give another hour to soak juice in

1955

Heat oven to 225 deg. F

Weigh out 12-13g ghee

Melt in uWave

2019

Heat cast iron pan on VERY HI

2022

Pull steak from fridge  
Pat dry [of] any excess liquid  
Coat with ghee

Note: Ghee "solidifies" & turns white when applied to cold steak

2027

Put in cast iron pan  
30 sec/side  
Weighted with grill press

15 sec on edges

2033

Steak in oven

2126

Steak at 125 deg. F

Pull steak and put under heat dome

2131

I think I pulled at 126 deg. F  
Now at 133 deg. F

Eat!!!

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#### PRELIMINARY CONCLUSIONS

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2144

WOW!!!

- Nice and tender
- A tad hint of sweet, but not overt
- I wonder, maybe I should have added salt?
- I like the appearance / color too [note add 20200517]
- I like the crust, but maybe the interior could have been a bit more rare
- I don't know... the texture is very good

2149

Yeah, I think some salt would have worked

2155

No grey band this time or at least very little

WOW!!!

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#### POST GAME ANALYSIS

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- I pulled the steak a bit after the 125 deg. F alarm went off. I think it was 126 deg. F when I pulled it from the oven. The temp rose to 133 deg. F while resting under a heat dome, so it might have been just a tad overdone.
- This time the “dry brine” was three coats of W. Sauce, nothing else. My general modus operandi for steak these days is to dry brine with salt and pepper for 2 – 3 hours using W. Sauce as a binder, but since I was using three coats of W. Sauce this time, I thought that it would be enough salt on his own. I was wrong. Next time I need to add salt
- I think I was really surprised by the tenderness. I was hoping for it (my goal with the 3 coats of the W. Sauce was for it to soak into the steak), but not really expecting how well it worked

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#### NEXT TIME

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- Weigh steak once a day as it “dry ages” in the fridge. I want to see where diminishing returns comes into play.
- Definitely salt the steak when apply the W. Sauce. I am not sure if I want to do it just the first time or each of the three times

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#### STEAK III

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20200522 (FRIDAY)

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1751

OK... No Prime grade ribeye at martins. And the choice cut I got was kinda thin, but lets see what it does

Plan

- Take some pic's
- Weigh
- Pat dry
- Wrap in paper towel
- Put in fridge on cooling rack in sheet pan

1810

Steak => 391g

Pat dry

Wrap in paper towels

In fridge on cooling rack

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20200523 (SATURDAY)

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Pull steak & take pics

2018

Weigh steak

=> 371 g

Wrap in paper towels so steak is flipped & put back in fridge

Wow!!! Lost 20g since yesterday

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20200524 (SUNDAY)

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1846

Pull & take pics & weigh

Steak => 357g

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20200525 (MONDAY)

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Pull steak, take pics and weigh

=> 349g

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20200526 (TUESDAY)

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2000

Take pics, weigh, etc

2007

=> 339g

<u>Day #</u>	<u>Date</u>	<u>Weight (g)</u>	<u>Delta Weight (g)</u>
0	20200522	391	
1	20200523	371	20
2	20200524	357	14
3	20200525	349	8
4	20200526	339	10

2117

So...

While I was doing misc stuff today (and maybe yesterday) I was thinking about searing. At one point I wanted to use a grill press to press down steak for more contact and therefore more browning / crust. Then I thought, "Well, I like how the ghee solidifies when I brush it on the cold steak, that way it stays where I need it. Won't pressing the steak melt the ghee?" Then I thought, "What if I chill the press?" Then I thought, "What about the second side". The I thought, "What if I had two grill presses?" Then I thought, "Chill them both and when I press the second side, it will be like an ice bath"

2124

Long story short, I ordered a second grill press (along with some other things) on Amazon.



20200527 (WEDNESDAY)

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2153

Pull steak, take pics, & weigh

Interesting... some parts feel soft today

2156

=> 329g

So that is another 10g

20200528 (THURSDAY)

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1844

Pull steak pic's, etc

1847

=> 320g

Another 9g

Wrap in paper towel & put back in fridge

20200529 (FRIDAY)

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1334

Lets see...

Review notes from last week real quick

Last time cooked was 20200516

3 coats, each coat 1 hour apart.

Let sit 2 hours after 1 coat

12 - 13g ghee

Cast Iron Pan very HI

30 seconds per side, weighted with grill press

15 sec on edges

Oven at 225 deg. F

Cooked until internal temp 125 deg. F

Needs salt

Maybe a little bit lower internal temp

20200522 was when I put the last steak in fridge

1407

So... I need to start at least 4 hours out.

Lets shoot for getting started 1600ish

1414

<u>Day #</u>	<u>Date</u>	<u>Time</u>	<u>Weight (g)</u>
0	20200522	1810	391
1	20200523	2018	371
2	20200524	1846	357
3	20200525	1900 (A)	349
4	20200526	2007	339
5	20200527	2156	329
6	20200528	1847	320
7	20200529	1612	313

1603

Let's take pics

1612

Weigh the steak                      313g

1614

Coat generously with W. Sauce

Then with Kosher salt

Take pic's

1621

Steak in fridge

Set timer for 1 hr

1723

Timer went off

Take pics & apply another coat of W. Sauce (No Salt this time)

1733

Steak back in fridge

1834

Take out steak

Take pic's

Apply 3<sup>rd</sup> & last coating of W. Sauce

1839

Steak back in fridge

Set timer for 60 min

Put grill press in fridge before I forget.

1940

Timer went off  
Set for 60 min

2047

OK... Let's get started

2052

Heat oven to 225 deg. F

2102

Heat & oil cast iron pan to clean

Wipe out pan

2110

Remove heat

2114

Heat cast iron pan on VERY HI

Set time for 5 min

Check oven temp

275 deg. F. OK what is off? The thermometer or the oven?

2121

Melt 13 f of ghee

Pull steak from fridge

Pat dry and weigh

2128

320g

2129

Brush ghee on all sides

2134

Sear 30 sec / 30 sec

Then 30 sec / edge

Forgot to put pres on for first side, but put it on for the second

2141

Looks like the steak may have been (charred / burnt) this time. We'll see how it turns out.

2201

Hit 120

Pull and put under heat dome

2206

Steak temp at 127 deg. F

2208

Steak temp at 128 deg. F

2210

Temp @ 129 deg. F

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#### PRELIMINARY CONCLUSIONS

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2200

OK... the sear for this turned out "charred"

Steak internal still med rarish, but with a bit more grey band. On the other hand, this was a thinner steak

2223

I am not entirely sure about the tenderness. Does not seem as tender as the last one, but at least right behind that one

2227

Still notice the slight sweet of the W. Sauce

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#### POST GAME ANALYSIS

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1210

Review notes

Day 7 - 20200529 (Friday) 2128      320g after coating and dry brine

Day 7 - 20200529 (Friday) 1612      313g before coating and dry brine

Day 0 - 20200522 (Friday) 1810      Initial weight 391 g

78g lost during "aging"

7g back from coating & brine

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#### STEAK IV

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20200529 (FRIDAY)

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1432

Pull out the new steak and pat dry

1440  
Weigh 373g

Wrap in paper towel

Put on cooling rack in sheet pan in fridge

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20200531 (SUNDAY)

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1153  
I forgot to change the paper towel

Weigh the steak etc. last night

<u>Day #</u>	<u>Date</u>	<u>Time</u>	<u>Weight (g)</u>
0	20200529 (Friday)	1440	373
2	20200531 (Sunday)	1205	349

Steak very firm

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20200601 (MONDAY)

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2054  
Pull steak weigh & flip & rewrap

2058  
The eye part feels firm, but the cap feels soft

2057  
336 g

<u>Day #</u>	<u>Date</u>	<u>Time</u>	<u>Weight (g)</u>
0	20200529 (Friday)	1440	373
2	20200531 (Sunday)	1205	349
3	20200601 (Monday)	2057	336

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20200602 (TUESDAY)

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Pull steak weigh & flip & rewrap

2142  
327 g

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20200605 (FRIDAY)

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1942  
We'll cook this one up tomorrow.

I have not been weighing & changing out the paper towel every day

<b>Day #</b>	<b>Date</b>	<b>Time</b>	<b>Weight (g)</b>
0	20200529 (Friday)	1440	373
2	20200531 (Sunday)	1205	349
3	20200601 (Monday)	2057	336
4	20200602 (Tuesday)	2141	327
7	20200605 (Friday)	1946	303

1948

Visible shrinkage, firm with some give

Wrap in paper towel and put back in fridge

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20200606 (SATURDAY)

1521

Going to do 4 coats this time; the first with Kosher salt

Pull out steak and weigh

1522

298g

Coat generously with Kosher salt

1528

Stick back in fridge uncovered

Set time for 1 hour

1623

Apply 2<sup>nd</sup> coat of W, Sauce

1638

Back in fridge

Set time for 60 min

1747

Apply 3<sup>rd</sup> coat of W. Sauce

1750

Back in fridge

Set timer for 1 hr

1900

Apply 4<sup>th</sup> and last coat of W. Sauce

1905

Set timer for 60 min

2008

Check on steak

Set time for 30 min

2040

Heat oven to 225 deg. F

Set time for 30 min

2107

Put grill press in freezer (I should have put it in fridge a while ago)

2112

Heat cast iron pan on VERY HI

Weigh out 13g of ghee

2111

Melt ghee in uWave

2122

Pull steak from fridge

Pat dry

Brush with ghee

[Sear] 15 sec with grill press

Flip

15 sec, etc until done

Then 15 sec on edges

1<sup>st</sup> round was 36 sec

2132

Steak in oven

2210

Temp @ 121

Pull and put under heat dome

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#### PRELIMINARY CONCLUSIONS

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2251

OK... The steak was pretty fucking good. Good tenderness, good taste

I like the 4 coat method

Even though this steak was one of the thinner ones & a lower grade steak



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STEAK V

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20200605 (FRIDAY)

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1952

Pull out another ¼ sheet pan & cooking rack

Label with 003

1958

By the way.... This one is a PRIME!!!

Weigh

2000

570g About 1 ¼ inch thick

Pat dry and wipe in paper towel

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20200606 (SATURDAY)

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1911

Pull, weigh, rewrap if fresh paper towel & put back in fridge

1914

550g

1915

Back in fridge

It feels firm

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20200609 (TUESDAY)

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1919

I have been forgetting about the latest steak for the past few days

Lets see...

<u>Day #</u>	<u>Date</u>	<u>Time</u>	<u>Weight (g)</u>
0	20200605	2000	570
1	20200606	1914	550
2	20200607	-----	-----
3	20200608	-----	-----
4	20200609	1925	507

1922

Pull steak weigh, rewrap in new paper towel & put back in fridge

1925

507 g

20200611 (THURSDAY)

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2050

Pull steak, weigh, rewrap & put back in fridge

2053

=> Dat 06 => 484g

20200612 (FRIDAY)

---

1520

Pull the steak and weigh

1524

477 g

1525

Slather generously in W. Sauce on all sides

Then sprinkle generously with Kosher salt

1530

Steak in fridge

1639

Apply 2<sup>nd</sup> coat of W. Sauce

1643

Back in fridge

1648

Set timer for 60 min

1711

Lets see...

Third Coat @ ~1748

Fourth Coat @ ~1848

Heat oven to 225 deg. F

Heat cast iron pan

Sear @ ~ 2048

So... I have a bit of time

1827

3<sup>rd</sup> coat of W. Sauce

Back in fridge

Set time for 60 min

1848

4<sup>th</sup> coat at about 1927

Sear @ 2127

1931

4<sup>th</sup> and final coat of W. Sauce

1940

Set timer for 91 minutes

2004

Put grill press in fridge before I forget

2115

Heat oven to 225 deg, F

Set time for 30 min

2144

Heat cast iron pan o VERY HI

Weigh out ~13 g of ghee

2141

14 g

Melt ghee in uWave

2151

Pull steak and pat dry

Weigh

2153

489 g

Coat with ghee

Sear 15 sec with grill press

Flip

15 sec

Edges, 15 sec

2202

Steak in oven

2242

Steak temp at 100 deg. F

2257

Steak at 122 deg. F

Pull and put under heat dome

2302

Steak @ 127 deg. F

2306

Steak temp @ 129 deg. F

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#### PRELIMINARY CONCLUSION

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2315

Some parts of the crust have a bit of toughness

Steak still not as rare as I would have liked

Next time try 120 deg. F before removing from heat

Still get that nice hint of sweetness

2329

Note entirely sure what to think about the texture / cook temp. The color suggests more of a medium

2333

The W. Sauce on the outside makes a really nice crust. Good texture & nice / subtle

2341

Need to think about this one a bit more

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#### 20200613 (SATURDAY)

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1228

I just had a thought while eating leftover steak for lunch. Some of the [grey/brown] banding [in the cross section of the steak] is actually the W. Sauce soaking into the meat I think

1631

Finish writing this one up

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#### STEAK VI

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#### 20200612 (FRIDAY)

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1654

Put an "004" label [on the ¼ sheet pan]

Pat dry steak and weigh

1700  
614 g

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20200614 (SUNDAY)

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1009  
Forgot to change out the paper towel yesterday.  
Pull, weigh, re-wrap, flip, and put back in fridge

1012  
580 g

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20200616 (TUESDAY)

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1959  
Once again, did not check on this yesterday.  
  
Pull, weigh, re-wrap, flip and put back in fridge.  
  
A little give to the cap.

2003  
548 g

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20200619 (FRIDAY)

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1327  
Wow. Once again I have been neglecting this. The last time I checked was Tuesday.

1344  
I have two options for today's steak

- 1) Cook to a slightly higher temperature.  
After reviewing my notes, and thinking about it, the most tender steak may have been when I let the steak internal temp get to 126 deg F ???
- 2) Marinade it in pineapple juice for 1 hour first before doing the W. Sauce coatings.

1352  
Let's see..  
If I do pineapple marinade  
1 hr pineapple  
1 hr W. Sauce Coating #1  
1 hr W. Sauce Coating #2  
1 hr W. Sauce Coating #3  
2 hr W. Sauce Coating #4

OK... 6 hours which means I need to get started now.

1420  
Make 4 line vac seal bag

1440

Weigh steak

548 g

Put in vac seal bag and fill with pineapple juice. Forgot to shake before opening. Was able to do it by covering openings with folded paper towels and my thumbs.

1445

Add to bag.

About ½ way up the steak

Vac seal

1452

Put in fridge for 30 min.

1524

Flip steak.

Back in fridge for 30 min.

1556

Pull steak and drain pineapple juice.

Rinse with water

1603

THOROUGHLY pat dry

1603

Weigh 525 g

Apply first coat of W Sauce and kosher salt

1612

Steak back in fridge

1615

Set timer for 60 min

1616

A Few Notes

The meat is definitely more tender or softer than the others. Also, it now appears darker with maybe, just maybe, a greyish surface tinge.

This should be interesting

1659

I wonder if the “tender but slightly overcooked one” was less time in the fridge “dry aging”

1721

Time for the second coating of W. Sauce

Back in fridge

1726

Set timer for 60 min

1718

Apply 3<sup>rd</sup> coat of W. Sauce

Steak back in fridge

1721

Set timer for 1 hour

1825

Apply 4<sup>th</sup> coat of W. Sauce

Back in fridge

1834

Set timer for 60 min

1909

Heat cast iron pan to clean

1918

Wipe down pan

1919

Remove heat from pan

1932

Weigh out 13 g of ghee

1934

Heat oven to 225 deg. F

2003

Melt ghee in uWave

2005

Heat cast iron pan on very HI for 5 min.

Pull steak out of fridge

Remove label from sheet pan

Pat [steak] dry

Brush [steak] with ghee

2011

Steak back in fridge

2018

Sear 15 sec/side

15 sec/edge

Shit. I forgot the press.

FUCK.

2022

Steak in oven

=> The cold press not only weighs down the steak for more even contact, but prevents the ghee on the opposite side from melting off

2103 (???)

Steak at 122

Pull and put under heat dome

2127 (???)

Steak at 128 deg. F

2137 (???)

EAT!!!

2144

Notes:

- This tenderness is pretty good. Color does not indicate a typical med rare. Wait maybe just one the edges
- Got a slightly sweet [flavor]
- No overt pineapple
- Bed of toasted potato rolls works really well too
- OK... I like it, but is the taste of the meat overcovered by the W. Sauce?

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## STEAK VII

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20200620 (SATURDAY)

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1816

Pull out ¼ sheet pan and make 005 label

1834

Pull steak, pat dry, and weigh.

1836

348 g

Wrap in paper towel, put on cooling rack, stick in fridge

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20200622 (MONDAY)

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1915

Pull steak, weigh, re-wrap in paper towel and put back in fridge

Day 0 20200620 1836 348g

Day 1 20200622 1920 321g



## 20200625 (THURSDAY)

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2009

Last time was Monday

Fuck.

Pull steak, weigh, re-wrap, and put back in fridge

2011

293g

This one still has some give

The sides look different

I think maybe due to infrequent flipping

## 20200626 (FRIDAY)

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1347

Lets see... last time I did this 20200619 / 20200620

### Plan

- Put grill press in fridge
  - Make vac seal bag
  - Weigh steak
  - Put steak in vac seal bag
  - Shake pineapple juice
  - Fill [bag] halfway up the steak with pineapple juice
  - Vac seal
  - put in fridge and set timer for 30 min
  - Flip and put back in fridge
  - Set timer for 30 min
  - Pull steak and drain pineapple juice
  - Thoroughly rinse [steak] with water
  - Thoroughly dry the steak
  - Weigh steak
- 
- Generously slather with W. Sauce all over
  - Generously sprinkle with Kosher salt
  - Let sit in fridge on cooling rack for 1 hr
- 
- Apply 2<sup>nd</sup> generous coat of W. Sauce
  - Put in fridge for 1 hour
- 
- Apply 3<sup>rd</sup> generous coat of W. Sauce
  - Put in fridge for 1 hour
- 
- Apply 4<sup>th</sup> generous coat of W. Sauce
  - Put in fridge for 2 hours
- 
- About ½ hour out from last sit in fridge, heat oven to 225 deg. F

- About 10 min out, weigh out 13 g of ghee
- Melt ghee in uWave (go in ~10sec increments until you figure out your uWave)
- Heat cast iron pan on VERY HI for at least 5 min
- Remove steak from fridge and label from pan
- Pat steak dry
- Brush steak with melted ghee on all sides
- Put steak back in fridge if [cast iron] pan needs more time to heat
- Place steak in cast iron pan and put chilled grill press on top
- Sear for 15 sec.
- Flip steak and sear for 15 sec with grill press on top
- Grab steak with metal tongs and sear each edge for 15 sec
- Place steak on the cooling rack / sheet pan
- Insert temp probe
- Put in oven and cook until internal temp reaches 122 deg. F
- Pull steak from oven and put under heat dome. Let rest for 10 min or so. Temp should rise by 5 - 10 deg. F due to carry over cooking
- Plate
- ENJOY!!!

1503

Put grill press in fridge

Make vac seal bag

1511

Pull steak and weigh

=> 283 g

Remove label from pan

1514

Put steak in bag

Shake pineapple juice

note: This is an open can from last week covered with plastic wrap

Add juice to bag

Added rest of juice

-> Can says to refrigerate in plastic or glass after opening.

Oh well

Seal second time

Wipe off any juice that got sucked out

1522

Steak in fridge

Set timer for 30 min

1555

Flip vac seal bag with steak

1602

Set timer for 25 min

1630

Pull steak and drain juice

Rinse and thoroughly dry

-> Steak is definitely more tender

1635

Weigh => 294 g

1636

Apply first coat of W. Sauce and kosher salt

1640

Steak in fridge

Set timer to 60 min

1742

Apply 2nd coat of W. Sauce

Put back in fridge

1750

Set timer for 54 minutes

1822

Heat cast iron pan to clean

1835

Scrap and wipe pan

1846

Apply 3<sup>rd</sup> coat of W. Sauce

1848

Steak back in fridge

1849

Set time for 60 min

1955

Add 4<sup>th</sup> and final coat of W. Sauce

2006

Set timer to 61 min

2129

Heat pan on Very HI

2131

Melt ghee in uWave

2135

Pull steak

Coat with ghee

2140

Pull steak & sear 15 sec, etc

2213

Steak at 122

Pull and put under heat dome

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## STEAKS VIII AND VIX

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20200703 (FRIDAY)

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1950

Got two prime ribeyes at Martin's today

Pull out two  $\frac{1}{4}$  sheet pans and cooling racks

Make two labels... A and B

1956

Pat dry, weigh, and wrap steak A

584 g => about  $1\frac{1}{2}$  in

2000

Pat dry, weigh, and wrap steak B

644 g => about  $1\frac{1}{4}$  to  $1\frac{1}{2}$  on the thicker side

2006

Steaks A and B in fridge

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20200704 (SATURDAY)

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1740

Pull, weigh, flip, wrap, back in fridge

A => 561 g

B => 621 g

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20200705 (SUNDAY)

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2013

Pull steal, weigh, flip, re-wrap, and put back in fridge

A => 544 g  
B => 601 g

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20200706 (MONDAY)

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1848

Pull steak, weigh, flip, re-wrap, and put back in fridge

A => 529 g  
B => 585 g

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20200707 (TUESDAY)

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2137

Pull steak, weigh, re-wrap, and put back in fridge

A => 514 g  
B => 570 g

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20200708 (WEDNESDAY)

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2134

Pull steak, weigh, flip, re-wrap, and put back in fridge

A => 501 g  
B => 551 g

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20200709 (THURSDAY)

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1931

Pull steak, weigh, flip, re-wrap, and put back in fridge

A => 490 g  
B => 541 g

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20200710 (FRIDAY)

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1431

OK... the plan is

Steak A is the smaller one. Will do that one in just 1 coat of W. Sauce (just using as a binder)

B we'll go the full 4 coats

1440

Need to get started on this. Should have started 40 minutes ago.

1454

Make (2) 4 line vac seal bags

Open the 1 qt 14 oz pineapple juice and split between two [1] qt meas cups

I forgot to shake. Pour [back and forth] between meas cups

WHY CAN'T PYREX MEAS CUPS POUR WITHOUT SPILLING DOWN THE FUCKING SIDE?

1515

Put steak in bag

Pour in 1 part pineapple juice

Vac seal

Repeat for 2<sup>nd</sup> steak

1526

A back in fridge

1539

B back in fridge

Set timer for 45 min (Should about 1 hour for "A")

1540

Flip A [1]

1555

Flip A [2]

Flip B [1]

1610

Flip A [3]

Flip B [2]

Clean cast iron

Heat to dry

1613

Put [grill] Press #1 in fridge

Rinse new grill press

Oil cast iron pan with grape seed oil

1620

Wipe out extra oil

1622

Remove heat from cast iron pan

1625

Flip B [3]

Pull A rinse and pat dry very well

Weigh => 489 g

Coat in W. Sauce then sprinkle [generously] with Kosher salt

1634

Steak A back in fridge uncovered

1641

Pull Steak B

Rinse well and pat dry well

Weight 539g

1648

Coat with W. Sauce and Kosher salt

1651

Steak B back in fridge uncoverd

Set timer for 60 min

1654

Grease the new press with grape seed oil and put in fridge.

Heat cast iron on very low and put press on.

1700

Set timer for 20min

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## CONCLUSION

## PICTURES

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