

THE GREATEST STEAK

This is another one I have been working on for a while. I think I am pretty much there, but I think I need to work on my searing technique a bit.

Update 2020-04-12 (Sunday):

I sent this recipe to my Dad and he recommended searing the steak first. He also recommended oiling the steak and not the pan. That got me to thinking... I don't think I have ever run the forward vs reverse searing experiment, so this time I tried it forward and it turned out pretty freakin' good. I did, however, oil the pan just a tad in addition to oiling the steak.

The other two things I did were

- 1) Used ghee (I made some earlier in the day). Each time I have used ghee, the steak was fantastic, so I am changing the note from "If you don't have ghee, substitute the neutral oil with high smoke point" to "You really, REALLY need to use ghee."
- 2) Cranked the heat on the cast iron pan from high to VERY high, i.e. MAX, i.e. just below the "LITE" setting (my stove is gas, by the way)

By the way, I have not updated the pictures yet.

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	Steak	~1 ½ - 2 Inch Thick Prime Grade Ribeye
AR	-----	Kosher Salt
AR	-----	Fresh Ground Black Pepper
AR	-----	Worcestershire Sauce
AR	-----	Neutral Oil with High Smoke Point (e.g. Grapeseed Oil)
12	g	Ghee

Yes, Prime grade is worth it. It will cost more than choice, but the extra marbling... so good. I LOVE dry aged, but I am not sure if it would be lost in the smoke or not

If you don't have ghee, well, you really, REALLY need to use ghee. It is VERY easy to make.

SPECIAL TOOLS

- Traeger Pellet Grill with Mesquite Pellets[i]
- Sous Vide Machine [ii]
- Food Saver (or similar vacuum sealer) [ii]
- Vacuum seal bags or bag rolls [ii]

PREPARATION

- 1) Weigh steak [iv]
- 2) Measure [iv]
- 3) Pat steak dry with paper towels
- 4) Apply the dry brine to the steak in the following order, rubbing in with your wet hand at each step
 - a. Worcestershire Sauce
 - b. Kosher salt
 - c. Fresh ground black pepper
- 5) Place the steak on a ¼ sheet cooling rack in a ¼ sheet pan and put in fridge
- 6) Let the steak sit for at least 2 hours. 3 hours or more is preferable
- 7) Pull Traeger on deck
- 8) Fill the hopper with mesquite pellets
- 9) Set to “Smoke” with the lid open
- 10) When you start to see smoke, close the lid and set temperature to “High”
- 11) Let heat for 20 minutes
- 12) Scrape grate
- 13) Shut lid and set to “Shutdown cycle”
- 14) When ready to smoke the steak, open the Traeger lid and set to smoke
- 15) Heat cast iron pan to VERY high for at least 5 or so minutes
- 16) If the ghee is solid, melt it in the microwave
- 17) When start to see smoke from the Traeger, oil the grate with grapeseed oil and closed lid
- 18) Add 4g ghee to the cast iron pan and swirl so that it coats the entire pan
- 19) Brush the remaining ghee on the steak over the entire surface
- 20) Sear the steak for 30 seconds on each side
- 21) Sear the edges for about 10 – 15 seconds using tongs to hold the steak
- 22) Remove heat from the cast iron pan
- 23) Put the steak on the Traeger and insert a temperature probe into the center of the thickest part
- 24) Close the Traeger lid and smoke for 45 minutes
- 25) Right after you close the Traeger lid, start heating the Sous Vide to 130 deg. F.
- 26) Make a 4 line vacuum seal bag
- 27) At the end of 45 minutes, bump up the Traeger temperature to 225 deg. F and cook until the steak’s internal temperature reaches 125 deg. F. This should take somewhere around 35 or so minutes depending on a bunch of factors
- 28) Remove the steak from the Traeger, immediately vacuum seal it, and put it in the Sous Vide machine
- 29) Finish up the rest of dinner
- 30) When the rest of dinner is about ready, heat a cast iron pan on VERY high for at least 5 or so minutes
- 31) Sear the steak a few seconds on each side and the edges as well. The goal is to cook off surface moisture just enough to give a crustier crust
- 32) Remove heat from the cast iron pan
- 33) Put steak under heat dome
- 34) Gather the rest of dinner, plate, and ENJOY!

NOTES

- i. If you don't have a Traeger or the like, you can use the oven. You will, however, miss out on that great smoke flavor.
- ii. The Sous Vide machine is not used to cook the steak; it is used to keep it at the perfect temperature while you work on other parts of dinner. If you get your timing down perfectly, you can go without it and, by extension, the vacuum sealer and vacuum seal bags.
- iii. The last picture really does not do the sear justice, but I do need to work on my technique a bit.
- iv. For information purposes only.

PICTURES [III]







