



Reverse Seared Ribeye on the Griddle

Ingredients:

- 1 thick-cut ribeye steak (1-1.5 inches thick)
- Kosher salt
- Freshly cracked black pepper
- Your favorite steak seasoning (optional)
- Avocado oil (or canola oil)
- Butter (optional)

Instructions:

- 1. Prep the Steak:**
 - Take the steak out of the refrigerator 1 hour before cooking.
 - Pat it dry with paper towels.
 - Season generously with salt, pepper, and optional steak seasoning.
- 2. Low and Slow Cook:**
 - Preheat the cool side of your griddle to 225-250°F.
 - Place the steak on the cool side.
 - Cook until the internal temperature reaches 110-120°F for medium-rare (30 minutes to 1 hour).
 - Flip the steak every 5 minutes and lower the hood to reflect heat.
- 3. Sear It Up:**
 - Heat the hot side of the griddle to 450-500°F.
 - Add avocado oil and let it shimmer.
 - Sear the steak for 2-3 minutes per side.
 - Baste with butter (optional) for extra flavor.
- 4. Rest and Enjoy:**
 - Rest the steak for 5-10 minutes.
 - Slice against the grain and serve.

Tips:

- Don't overcrowd the griddle.
- Use a cast iron skillet for searing if desired.
- Experiment with different seasonings.

Enjoy your perfectly cooked reverse-seared ribeye!