AMERICAN (NEW YORK)

Strip Loin with Herb Butter

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**2**	**15 min**	**12 min**	**Pan-fry**	**Strip loin**

Ingredients

- 2 strip loin steaks, about 350 g (12 oz) each and 3 cm (1¼ in) thick
- 1½ tsp coarse salt
- ½ tsp black pepper
- 1 tbsp neutral oil

HERB BUTTER

- 60 g (4 tbsp) soft butter
- 1 tbsp chopped parsley
- 1 tsp chopped chives
- 1 tsp chopped thyme leaves
- 1 small clove garlic, grated
- Pinch of salt and a squeeze of lemon

Steps

1. Mash the butter with the parsley, chives, thyme, garlic, salt and lemon in a small bowl. Spoon onto plastic wrap, roll into a log and chill for at least 20 minutes.
2. Salt the steaks on both sides and leave them uncovered at room temperature for 30–45 minutes. This light dry brine seasons the meat and dries the surface for better browning.
3. Pat the steaks dry again and add the pepper.
4. Heat the oil in a cast-iron skillet over medium-high heat until it shimmers and just starts to smoke.
5. Lay the steaks in the pan away from you. Pan-fry for 3–4 minutes without moving them, until the underside is deep brown. Flip and cook another 3 minutes for medium-rare (54°C / 130°F).
6. Stand the steaks on their fat edge with tongs for 30 seconds to crisp it.
7. Move the steaks to a board, top each with a thick slice of herb butter, and rest for 5 minutes while the butter melts into a sauce.
8. Slice or serve whole.

Notes

- **Make ahead:** herb butter freezes for 3 months; slice discs off as needed.
- **Smoke:** a hot pan will smoke, so turn on the extractor fan and open a window.
- **Serving:** baked potatoes, creamed spinach or a wedge salad are the steakhouse classics.
- **Chef's touch:** rest the steaks on a rack rather than a board so the crust stays crisp underneath.
- **Twist:** mash crumbled blue cheese into the butter instead of the herbs, a steakhouse favourite.