

## SHOPPING LIST

- 4 Tbsp Herb Butter (see our Herb Butter recipe)
- 4 Tbsp Olive Oil
- 4 6oz Steaks
- Salt and Pepper (to taste)



FEED THE MASS

## HERB BUTTER STEAK

SERVES 4

## LETS START COOKING

1. Steaks should be taken out in advance and be brought to room temperature.
2. Heat the pan on high heat. Make sure pan is hot before adding the meat.
3. Add oil, salt, and pepper to the meat before putting into the pan.
4. Sear until cooked to desired temperature. Add butter and sear until finished.

### STEAK TEMPERATURE GUIDE:

- Rare: 120° F-125° F (48.9° C-51.6° C)
- Medium-Rare: 130° F-135° F (54.4° C to 57.2° C)
- Medium: 140° F-145° F (60° C to 62.8 °C)
- Medium-Well: 150° F-155° F (65.5° C to 68.3° C)
- Well Done: 160° F (71.1 °C) and above