



FINCH + FENNEL

# Truffle Parmesan + Black Garlic Crusted Steak

## INGREDIENTS:

- 2 Steaks: Tenderloin or Filet Mignon, at least 1 ½ inches thick;  
alternatively sirloin, NY strip or strip steak.
- ½ c F+F Truffle Parmesan + Black Garlic Seasoning
- 2 Tbsp Butter
- 2 Tbsp Olive Oil

## DIRECTIONS:

1. Place steak on a large cutting board, letting it come to room temperature (about 20 minutes). This will help the steak cook more evenly.
2. Sprinkle all sides of the steak with F+F Truffle Parmesan + Black Garlic Seasoning, making sure it is generously coated.
3. Heat a large cast iron skillet on the stove over high heat. When the skillet is hot, reduce the heat to medium & add the butter & olive oil. The butter should melt immediately.
4. Place steaks in the middle of the skillet, not touching. Sear (do not flip them) for 4-5 minutes. Do not move during the searing time. Don't be tempted to lift to check.
5. After 4-5 minutes, flip each steak & do not move for an additional 4-5 minutes.
6. After 5 minutes, use tongs to lift steaks & sear each edge for 1-2 minutes. Make sure all the edges are seared.
7. Once you have seared the edges, check the internal temperature steak & continue to cook on low until it reaches your desired temperature. Medium to medium-rare is an internal temperature of about 145°F.
8. Let the steaks rest on a platter for 5-10 minutes before serving.



*Enjoy!*

