

MORTON & BASSETT SPICES®

Steak With Caramelized Onions & Mushrooms



- 1.5-2 pounds ribeye or t-bone steak
- 3 teaspoons Morton & Bassett Whole Peppercorns, ground
- 4 tablespoons olive oil, divided
- 1 cup mushrooms, chopped
- ½ large red onion, cut into slivers
- 3-4 teaspoons flaky sea salt

Pull steak out of the refrigerator and bring to room temperature. Preheat the oven to 450F. In a medium frying pan, add 2 tablespoons olive oil, mushrooms and onion, bring to medium/high heat. Stirring constantly while sauteing until soft and caramelized, about 8-10 minutes. Coat steak in remaining olive oil and season generously with freshly ground pepper and salt on both sides.

Bring the oven-safe cast iron pan to high heat and sear steak on one side, about 4 minutes. Flip the steak and place the pan in the preheated oven. Cook for 10-12 minutes until cooked through or desired doneness.



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