

## cookin' tips:

- We love serving asparagus and sweet potatoes with our ribeye. Another option is brussell sprouts and baked creamer potatoes.
- Keep on hand - avocado oil, fresh cracked pepper, and Himalayan salt.
- If you are unsure about the temperature of the pan, take your steak with a pair of tongs and put a small portion of the steak in the oil. If it immediately sizzles, you are good to go. If it does not, then give it another minute. If when you put it on, there is loud popping, then lower your temp a little and wait about 1 minute, then try the test again.
- Extra steak is excellent on a salad for lunch the next day! Kristy's rule of thumb is to cook once, eat twice!

perfect for  
date-night!



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# RECIPE FOR dry aged ribeye

PREP TIME 15 min

COOK TIME 7-10 min

SERVES 2

INGREDIENTS

- 2 Ribeye Steaks  
*preferably aged - at least 1 in. thick*
- 1 Sprig of Rosemary
- 2 Sprigs of Thyme
- 5 Garlic Cloves *peeled*
- 2 Shallots
- 10 Baby Bella Mushrooms
- 2 tsp Salt
- Fresh Cracked Black Pepper
- 1/4 c. Butter or 2 tbsp Ghee
- Avocado Oil

NOTES

DIRECTIONS

Bring steaks to room temp.

Season them heavily with salt to lock in juices — pepper to taste and let that sit while you prepare sides.

In a cast-iron skillet preferred (or frying pan) on high heat, add enough oil to cover the bottom. Oil should be sizzling hot before you add steaks (this takes about 3-4 minutes). Cook on the stovetop or grill. *Our preferred method is a cast-iron skillet on the grill around 500 degrees.*

Add steak to the pan, along with the rest of your garlic, thyme, rosemary, and butter. Cook on one side for 3 1/2 mins (this will form the crust) and then flip. On the second side, using a spoon, baste top of the steaks with the juices from the pan. Cook on the second side for 3 1/2 mins - *give or take for preferred doneness.*

Remove from heat and let steaks rest for about 10 mins. Baste again with juices from the pan while resting.

While steak is resting, slice mushrooms and shallots. Coat the bottom of a clean pan with avocado oil at medium-high heat. Once the oil is hot, add shallots and mushrooms — Sauté and brown for about 5 mins.

Top steak with mushroom mixture. Serve & Enjoy!