

# How To Cook The Perfect Steak

Hands-on 15 minutes Overall 45 minutes



**Nutritional values (per serving):** Total carbs: 0 g, Fiber: 0 g, **Net carbs: 0 g**, Protein: 41.2 g,  
Fat: 38.5 g, Calories: 524 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

## Ingredients (makes 4 servings)

2 large boneless strip *or* ribeye *or* filet mignon steaks, 1 1/2 - 1 3/4 inch / 4 - 4 1/2 cm thick (800 g/ 1.76 lb)

salt and pepper to taste (I like pink Himalayan salt)

1-2 tbsp ghee for frying

*Optional:* serve with Gremolata or your favourite steak sauce

*If your steak is thinner than 1 1/2 inch, do not use the reverse-searing method as it will overcook. Instead, use the this simple pan-searing method.*

## Instructions (Reverse-Seared Method)

1. Preheat the oven to 135 °C/ 275 °F. Remove the steaks from the fridge. Pat the steaks dry using a paper towel. Cut each steak in half vertically to create four evenly sized steaks. Season the steaks with salt and pepper. Press the sides of the steaks in until uniform 1 1/2 inches (4 cm) thick.
2. Place the steaks on a wire rack set in rimmed baking sheet lined with aluminium foil.
3. Place in the oven. Cook for 20-25 minutes until meat registers 32-35 °C/ 90-95 °F (for rare to medium-rare) - I like mine rare - ...
4. ... or 25-30 minutes until meat registers 38-40 °C/ 100-105 °F (for medium). If using filet mignon steaks, increase the cooking time by about 5 minutes.
5. Heat a large skillet greased with ghee over a high heat. Cook for 1 1/2 - 2 minutes on one side, lifting once halfway through cooking to redistribute fat underneath each steak. Using tongs, turn and cook until well browned on the second side for 2 - 2 1/2 minutes. *It is essential to sear the steaks briefly in order to keep the meat directly under the crust from turning grey.*
6. Transfer all the steaks to a clean wire rack and reduce the heat under the pan to medium. Holding two steaks at a time together, return to the pan and sear on all sides until browned, for about 1 1/2 minutes.
7. Repeat for the remaining two steaks. Transfer the steaks onto a wire rack, loosely cover with a foil and let them rest for about 10 minutes before serving.
8. Meanwhile, prepare your favourite steak sauce or try with Gremolata, Hollandaise, Ranch Dressing, Marinara Sauce or Keto Cheese Sauce. Serve with Creamy Keto Mash or Greek Salad!

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