

Bedrock Bar & Grill Recipe

1. Pre-heat a cast-iron pan with medium-high heat.
2. Pat the steak dry and season liberally with salt and pepper to get a good crust.
3. Sear steak with beef fat or regular cooking oil.
4. Flip the steak after 30 seconds and add cold butter, rosemary and garlic cloves.
5. Continually baste the steak with melted butter to retain the juiciness of the steak.
6. Flip the steak every 30 seconds to cook the steak evenly.
7. A steak is medium-rare when it is tender but with some resistance.
8. Allow the meat to rest for as long as you've cooked it.

(Chef's tip: Never skip step 8; it's essential as it ensures the juice distributes evenly throughout the steak, and the steak loses less juice when cut.)

