



Boston Strip Steaks

using the cold-sear method

INGREDIENTS

- 2 (12- to 16-ounce) boneless boston strip steaks
- 1 teaspoon pepper
- Coarse or flaked sea salt

DIRECTIONS

- Pat steaks dry with paper towels and sprinkle both sides with pepper. Place steaks 1 inch apart in cold 12-inch nonstick skillet. Place skillet over high heat and cook steaks for 2 minutes. Flip steaks and cook on second side for 2 minutes. (Neither side of steaks will be browned at this point.)
- Flip steaks, reduce heat to medium, and continue to cook, flipping steaks every 2 minutes, until browned and meat registers 120 to 125 degrees (for medium-rare), 4 to 10 minutes longer. (Steaks should be sizzling gently; if not, increase heat slightly. Reduce heat if skillet starts to smoke.)
- Transfer steaks to carving board and let rest for 5 minutes. Slice steaks, season with coarse or flake sea salt to taste, and serve.

NOTES

This recipe also works with boneless rib-eye steaks of a similar thickness. If you have time, salt the steaks for at least 45 minutes or up to 24 hours before cooking: Sprinkle each of the steaks with 1 teaspoon of kosher salt, refrigerate them, and pat them dry with paper towels before cooking.