

## CHEF LONGORI-YUM

### How To Cook The Best Steak:

When choosing a steak I always look for fine intramuscular marbling without heavy chunks of fat. For whatever reason I always tend to choose meat that is darker red in color as opposed to lighter pink. To me it has a richer beef flavor. Someone who is a rancher can maybe tell me if that's true or not! When I get home I take the meat out of the butcher paper right away and put it on a wire rack that's on top of a jelly roll pan. I salt both sides well with coarse kosher salt and put it in the fridge uncovered.

Remember that when cooking a steak the dryer the better for developing a nice crust. I leave mine in the fridge for at least an hour and have left them overnight. When they are left in the fridge uncovered with the salt it draws the moisture out initially creating salty water on top. At about the hour mark that salty water absorbs back in and infuses the meat. That flavor gets into the meat and also begins to break down the proteins and soften the meat. I find that 2-3 hours is the sweet spot.

No need to take the meat out and let it sit at room temp, I never do, but if you so desire you can. It can take meat a long time to actually get to room temp.

Before putting them on, I season with fresh cracked black pepper, no more salt.

When cooking I use only cast iron and depending on the cut if it isn't fatty you can add a small layer of canola or high temp neutral oil to the pan. Make sure the pan is nearly smoking before you put the meat in. Cook on med-high flipping every minute to minute 30 until it's reached the desired temp, which, in my humble opinion, is never more than medium rare.