

# CLASSIC BLACKENED STEAK

¼ stick Unsalted Butter melted and cooled slightly

2 Rib eye or New York Steaks ¾ inch thick brought to room temperature

Psycho Chefs Blackened Spice Rub for Steak and Pork

**WARNING: This type of cooking produces a lot of smoke. Please use a good exhaust fan or cook outdoors!**

Pre-Heat a cast iron skillet large enough to accommodate both steaks on high heat for at least 5 minutes. While the pan is heating brush 1 side of the steaks with the melted butter. Then liberally and evenly sprinkle Psycho Chefs Blackened Spice Rub onto the steaks. Turn the steaks over and repeat. When the pan is heated place the steaks in the dry pan and cook until a crust forms on the bottom of the steaks approx. 3-4 minutes. Then turn the steaks over and cook another 3-4 minutes. The steaks should be Medium / Medium Rare. If you like your steak cooked more well done, remove the steak from the pan to a sheet pan in a pre-heated 400 degree oven and cook until desired doneness is reached. You don't want to cook the steaks in the cast iron skillet longer because the crust that forms will burn and ruin the blackened flavor.

## **FOR A LOWER FAT BLACKENED STEAK:**

Skip applying the butter to the steaks and just sprinkle the Psycho Chefs Blackened Spice Rub liberally on your steaks and grill on the Barbeque over Medium High heat until you reach your desired doneness flipping the steak only once in the process.