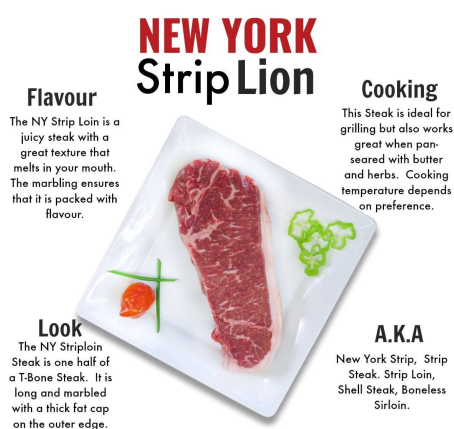


# How To Pan Fry A New York Striploin

Last year, while attending the Run For A Cure in Ottawa with ChefD, he told us how he felt pan-fried steaks were an amazingly simple yet underutilized delicacy. And what's not to love?

The seared in-flavours, the buttery finish, and don't get us started about the way a fresh sprinkle of pink Himalayan salt melts right into the finished meat right before you serve it! Hopefully, our love of pan-fried steaks has whetted your appetite.

Once you learn how to properly pan-fry a steak, your barbecue might start to get lonely.



## Ingredients for a Pan Fried New York Striploin:

- [Nutrafarms Grass-Fed NY Striploin Cut](#)
- 1/3rd of a cup of vegetable oil
- a few sprigs of rosemary and thyme
- 2 dollops of salted butter
- Himalayan salt and pepper

# Instructions for a Pan Fried New York Striploin:

1. Season 2 room temperature NY Striploin steaks very liberally with salt and pepper.
2. Place the steaks into an oiled cast-iron skillet preheated to medium-high. In the video, we used about a 3rd of a cup of vegetable oil in our pan. The high temperature is going to give this an awesome sear on the outside.
3. Flip the steaks about once a minute so that they cook evenly.
4. Make sure to sear the edges to seal in all the juicy goodness.
5. About halfway through our eight-minute cook time (medium well done), throw some herbs and butter into the pan. We used rosemary and thyme, but feel free to use anything you have handy.
6. Move the steaks around to soak up all the flavours in the pan.
7. Take your steak out when it's cooked to your liking.
8. Let stand for 5 minutes.
9. Slice, take a slo-mo shot, tag [#nutrafarms](#) and serve.





## **Final Thoughts for a Pan Fried New York Striploin:**

Remember, a great tasting cut of beef is essential for a delicious dinner. That's why at Nutrafarms, we prioritize the quality of our grass-fed beef, so you can confidently cook a delicious and healthy meal at home.

We hope you love this easy recipe idea that is guaranteed to please even the staunchest of steak snobs.