AMERICAN · DINNER

Cold-Seared Strip Steak (No Added Oil)

20 min · Serves 4 · 363 kcal a serve · Video 12:24 · America's Test Kitchen

Carnivore · Gluten-free ingredients · Dairy-free · Nut-free

Just beef, pepper and salt, cooked in the steak's own rendered fat with no added oil. A serve gives about 40 g of protein, nearly a day's vitamin B12 and about three-quarters of a day's zinc.

Diet notes: Low carb (0.2 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

3 · SERVES 4

- [ ] 2 **boneless strip steaks**, 340–450 g each and 4 cm (1½ in) thick, trimmed
- [ ] 1 tsp **freshly ground black pepper** (about ½ tsp a steak)
- [ ] **Salt**: coarse or flaky sea salt, to finish (to taste)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Pat the steaks very dry and season both sides with pepper. Don't salt them now: either salt 45 minutes to a day ahead (about 1 tsp kosher salt a steak), or salt after slicing, because salt added just before cooking pulls moisture to the surface. 5:35
2. Lay the steaks 2.5 cm apart in a cold 30 cm non-stick frying pan with no oil. Turn the heat to high and cook 2 minutes, flip and cook 2 minutes more. They will look grey; the fat and juices are rendering out. 6:12
3. Flip again and turn the heat down to medium so the steaks sizzle gently without smoking or spattering. Keep flipping every 2 minutes, mopping up any browned bits with the meat, so the crust builds in layers. 8:06
4. After 4–10 minutes at medium (depending on thickness), check the centre from the side with a thermometer and take the steaks off at 49–52°C for medium-rare. 10:19
5. Rest on a board for 5 minutes, slice (thinly, if you like it the cook's way) and finish with a sprinkle of coarse salt. 10:41

> **Tip** Boneless ribeye of the same thickness works the same way; aim for steaks about 4 cm thick. One steak serves 2. Leftovers keep 3 days in the fridge; slice thinly and eat cold or warm briefly.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
363 kcal	**40 g**	**0.3 g**	**0.1 g**	**21 g**	**480 mg**
1,520 kJ	80% of a day	0.2 g net · 0 g sugars	0% of a day	8.3 g saturated	21% of a day
		0% of a day		27% of a day	

Energy from net carbs 0% · protein 46% · fat 54% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 93% · Selenium 81% · Zinc 72% · Vitamin B6 53%

Source of (10–19%) Iron 15% · Potassium 11%

Recipe and video: America's Test Kitchen (@AmericasTestKitchen) on YouTube — youtube.com/watch?v=uJcO1W_TD74, published 27 September 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cold-seared-strip-steak