AMERICAN · DINNER

# Garlic Butter Steak Bites with Cognac and Thyme

32 min · plus optional 4–24 h dry brine · Serves 5 · 676 kcal a serve · Video 11:35 · Chef Billy Parisi

Gluten-free ingredients · Nut-free

Seared ribeye cubes tossed in a garlic, pepper and thyme butter: about 36 g protein and 3 g net carbs a serve, three-quarters of the energy from fat, and rich in vitamin B12, zinc and selenium.

**Diet notes:** Keto (3.3 g net carbs a serve).

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## Ingredients 11 · SERVES 5

- [ ] 2½ lb **bone-in rib steaks**, boned and cut into 1-inch cubes (about 2–2¼ lb meat; or sirloin, strip or filet)
- [ ] about 3½ tsp **kosher salt** for dry-brining, plus a pinch for the sauce
- [ ] 3 tbsp **beef tallow** (or a high-heat cooking oil)
- [ ] ¼ cup **cognac** (or beef stock)
- [ ] ½ small **shallot**, finely diced
- [ ] 2 tsp **black peppercorns**, roughly cracked
- [ ] 10 **garlic** cloves, finely minced
- [ ] 2 tsp finely minced **fresh thyme**
- [ ] 8 tbsp (1 stick) **unsalted butter**, cut into thick slices
- [ ] a squeeze of **lemon juice**
- [ ] 2 tbsp finely minced **fresh parsley**

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

**Contains:** Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Optional but worth it: pat the steaks dry, salt both sides (about 1½–2 tsp kosher salt per large steak) and leave uncovered on a rack in the fridge for 4–24 hours. 0:50
2. Prep the sauce ingredients first: mince the garlic, thyme and parsley, dice the shallot, crack the peppercorns and slice the butter. Cut the steak off the bone into 1 inch cubes (salt them now if you skipped the dry brine). 2:25
3. Heat the tallow in a large cast-iron or carbon-steel pan over high heat until smoking. Sear the cubes in two batches with space between them, 90–120 seconds a side, then toss briefly to brown the edges. Rest on a rack (about 118 °F for medium-rare). 3:55
4. Turn the heat to low and take the pan off the flame to add the cognac (or stock); let it bubble down to a few tablespoons, scraping up the browned bits. 5:31
5. Cook the shallot with a pinch of salt until lightly golden, then add the garlic and cracked pepper until fragrant. Stir in the thyme and butter until melted and foamy, then a squeeze of lemon and salt to taste. 5:58
6. Return the steak to the pan, toss to coat in the garlic butter and finish with the parsley. 6:51

> **Tip** In the video it comes with mustard potatoes and broccoli — keep the broccoli (or a green salad) for keto. Top sirloin is the cook's budget pick. Use beef stock instead of cognac if you prefer.

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

## One serve gives you 1 OF 5 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **676** kcal | **36** g | **3.9** g | **0.7** g | **56** g | **980** mg |
| 2,830 kJ | 71% of a day | 3.3 g net · 0.5 g sugars<br>1% of a day | 2% of a day | 28 g saturated<br>72% of a day | 43% of a day |

**Energy from** net carbs 2% · protein 22% · fat 76% — fits keto: 3.3 g net carbs, 76% of the energy from fat

**High in** (20%+ of a day) Vitamin B12 146% · Zinc 80% · Selenium 71% · Vitamin B6 48% · Vitamin K 28% · Iron 21%

**Source of** (10–19%) Vitamin A 18% · Omega-3 13% · Potassium 11%

**Recipe and video:** Chef Billy Parisi (@ChefBillyParisi) on YouTube — youtube.com/watch?v=-2TE2ViRlac, published 17 June 2026. 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/garlic-butter-steak-bites-cognac