



Porterhouse

Serves 1

Ingredients

- 0.25 teaspoon black pepper
- 0.5 teaspoon garlic powder ((matched "Garlic" but unit teaspoon!"lb inc
- 1 tablespoon olive oil ((matched "Extra Virgin Olive Oil" but unit table estimate))
- 0.5 teaspoon onion powder
- 1 pound porterhouse steak
- 0.5 teaspoon salt

Instructions

1. Pat the porterhouse steak dry with paper towels.
2. Rub the steak with olive oil. Season generously with salt, pepper, garlic powder, and onion powder.
3. Preheat a cast-iron skillet over high heat until it just begins to smoke.
4. Sear the steak for 2-3 minutes per side for medium-rare, or longer to desired doneness.
5. Reduce heat to medium-low. Cook, flipping every minute, until internal temperature reaches 130°F (54°C) for medium-rare.
6. Remove steak from skillet and let rest on a cutting board for 5-10 minutes before slicing and serving.