

CAST IRON RIBEYE WITH GARLIC MUSHROOMS

A steakhouse-quality ribeye, pan-seared in beef tallow and finished in the oven, topped with buttery garlic mushrooms



INSTRUCTIONS

1. Bring the steak to room temperature

- 2 boneless ribeye steaks (1 to 1.5 inches thick)
- Kosher salt and freshly ground black pepper

Remove the steaks from the fridge and let them sit at room temperature for 30 to 45 minutes before cooking — this helps them cook more evenly. Pat dry, then season both sides generously with salt and pepper.

2. Sear the steaks

- 1 tbsp beef tallow, melted

Preheat the oven to 425°F. Heat a cast iron skillet over medium-high heat and add the beef tallow. Once it's shimmering and a drop of water sizzles on contact, add the steaks and sear undisturbed for 3 to 4 minutes, until deeply browned.

3. Finish in the oven

Flip the steaks and transfer the skillet to the oven. Cook until the internal temperature reaches your desired doneness (see chart below), checking a few minutes early with a meat thermometer. Transfer the steaks to a plate, top each with a pat of butter, tent loosely with foil, and rest for at least 10 minutes — the temperature will rise another 5 to 10°F as they rest.

Doneness guide (pull temperature, before resting):

- Rare: 115–120°F
- Medium rare: 125–130°F
- Medium: 135–140°F
- Medium well: 145–150°F
- Well done: 155°F+

4. Make the garlic mushrooms

- 2 tbsp butter
- 8 oz sliced mushrooms
- 3 cloves garlic, minced
- Fresh parsley, chopped (optional, for garnish)

While the steaks rest, melt the butter in a large skillet over medium heat. Add the mushrooms and cook undisturbed until browned on one side, then flip and sauté until soft and browned all over. Stir in the garlic and cook 1 minute more, until fragrant. Spoon the mushrooms over the rested steaks and garnish with parsley.

NUTRITION (per serving, makes 2 servings)

- Calories: 870
- Total Fat: 64g
- Saturated Fat: 32g
- Cholesterol: 253mg
- Sodium: 318mg
- Total Carbs: 5g
- Fiber: 1g
- Net Carbs: 4g
- Protein: 72g

STORAGE

Best eaten fresh. Store leftovers in an airtight container in the fridge for up to 3 days. Reheat gently in a skillet over low heat to avoid overcooking.



Recipe created by Mind-Body Functional Health.
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