

Steak with Veggies

Unit: Large Skillet or Electric Skillet

1 - 2 Medium New York strip steaks

**4-6 Spears of fresh broccoli or asparagus 3 - Cups of Water
Seasoning Salt**

First, remove the steaks from the refrigerator and place them on a plate until they warm up to room temperature. (15 minutes) Next, place an uncovered skillet on medium-high heat (400 on the electric skillet) until water beads up when sprinkled into the pan.

When the unit is hot, place the steak(s) into the skillet and leave on medium-high heat.

Cook for:

Thin steak: med-rare - 3 min / side
medium 4-4.5 min / side
med-well 5 min / side

Thick steak: med-rare - 4 min / side
medium - 5-5.5 min / side
med-well - 6 min / side

Remove the steak(s) and set them on a plate. Let them rest for 5 minutes before you cut them. If you want fresh veggies like broccoli or asparagus, when you remove the steaks, throw the veggies in. Add 1/2 cup liquid and seal the lid. Set on medium heat and cook until tender. (3-4 minutes)