



# Pan Fried Steaks with Garlic Butter

A RECIPE FROM BACK HOME FARMS

## ingredients

- 4 Back Home Farms beef steaks, around 1-1/2" thick
- Coarse sea salt
- Fresh ground pepper
- 4 T butter
- 2-3 garlic cloves, smashed

Here's the deal about the "steaks".

I've made this recipe with beef steak and elk steak but my favorite is to thick cut a chuck roast into chunks and use them instead. You choose what you'd like to use - all will be yummy!

*\*\*adapted from The Prairie Homestead cookbook*

## directions

- Let your meat of choice sit out at room temperature for 30-45 minutes before cooking.
- Heat your skillet over high heat for about 10 minutes. Cast-iron is my preferred skillet!
- Sprinkle your steaks with salt and pepper while your pan is heating up.
- Sear for 1 minute on each side.
- Add butter and garlic to pan.
- Continue to flip steaks every minute or so, basting them with the butter until they are cooked to your desired "doneness".
- Remove from pan and let steaks rest for 10 minutes, top with any remaining butter and garlic from the pan and ENJOY!

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