



Roadside Gourmet

the

The Roadside Gourmet

cook  
book

# NY Striploin

from the roadside gourmet [www.thelap.ca/roadsidegourmet](http://www.thelap.ca/roadsidegourmet)

prep time

5 mins

cook time

10-15 mins

serves

1 to 2

## things you need

2 tbsp

Veg or olive oil

1 tsp

salt

1 tsp

pepper

1 NY Striploin Steak

1 tbsp

butter

2 sprigs

Rosemary

4-5 cloves

garlic

# here's how

- 1 Heat cast iron pan to medium-high heat.
- 2 Add oil to pan.
- 3 Gently lay steak into pan (away from you).
- 4 Add butter to pan.
- 5 Add Rosemary to pan.
- 6 Crush garlic, leaving skins on add to pan.
- 7 Turn steak after 4-5 minutes.
- 8 Remove from heat after another 4-5 minutes and immediately tent under foil.

# helpful notes

When turning the steak lean it on it's fat edge for a couple of minutes to render down the fat cap.

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