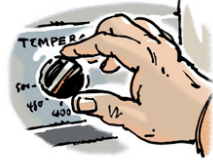




You'll need: a skillet and a baking dish, tongs, salt and pepper, olive oil, a meat thermometer (optional), a steak.

Step  
1



**Heat the oven** to 450 degrees Fahrenheit. (Ovens take at least 20 minutes to warm up.) Let the steak come to **room temperature**. (In case you're wondering, you don't need to rinse the steak.) Season it generously with **salt and pepper**, and rub it all over with a good amount of **olive oil**. (Put the oil on the steak, not in the pan.)

Step  
2



**Heat a skillet** over high heat for a few minutes. If it gets too hot and starts to smoke, take it off the stove to cool a bit. **Put the steak** in the dry pan. Your steak should sizzle. **Don't move it** around, because a nice crust is forming.

Step  
3



After about three minutes, lift the steak up with tongs to **check the bottom**. It should be **gold-en to dark brown** with some gray undertones. You want it to be more brown than gray. You may need a few more minutes to achieve this.

Step  
4



**Turn the steak over** and **put it in the oven** to finish cooking. (If you're not using an oven-safe skillet, transfer the steak to a baking dish first.)

Step  
5



After about two minutes, take the steak out to **check it**. For medium rare, it will be spongy in the middle if you poke it, or will register **120 to 125 degrees Fahrenheit** on a meat thermometer. If it's not there yet, put it back in the oven for two more minutes.

Step  
6



Take the steak out, and **let it sit for 5 to 10 minutes** so the juices settle before eating.

\*From the store to the kitchen to the table: We outline the steps that get you from something raw to something cooked using simple ingredients, free of measurements and complicated techniques. A method that you can have in your back pocket and whip out whenever you like. We call it recipe-free cooking.