

Sous Vide T-Bone

Courses: Main Dish

Categories: Beef

Ingredients

2- 1" Thick T-Bone steaks

2 sprigs of Rosemary

2 pats of butter

Salt

Pepper

Directions

24 hours before cooking, salt thawed steaks liberally, placed in fridge not covered.

When the time comes to cook, set your Sous Vide machine to your desired temp (I cook my steaks to 115°F), with a time setting of 10 hours. While the machine gets the water to temp, place the steaks, pat of butter, and Rosemary in a vacuum sealed bag, and seal with the moist setting (if your machine has the option). Place steaks in the water bath (when the water gets to your desired temp) and let them cook.

With a few minutes left on the Sous Vide cook time, get a cast iron skillet (drizzled with olive oil) hot. When the Sous Vide time has ended, remove the bags from the water bath, cut open, and pour contents of the bag into the hot skillet. Cook steaks for 90 seconds, flip, cook for another 90 seconds, plate, season with as much black pepper as you like.