



PAN SEARED RIB-EYE STEAK

SERVINGS: 4 | PREP TIME: 8 MINS | COOK TIME: 17 MINS

This pan-seared steak has a crisp, peppered outer layer with a tender, juicy center. Topped with a creamy wasabi lime sauce, it's equal parts tasty and memorable. If you measure out the ingredients a day before, it just takes a few minutes behind the range to make a meal worth sharing with your friends.

INSTRUCTIONS:

WASABI LIME SAUCE

1. Combine all ingredients in a blender (we're using this one). Blend on high until smooth and creamy. If the sauce is too thick, add additional lime juice and scrape down the sides to get it all fully mixed. Adding additional avocado will thicken the sauce. Keep in mind, the avocado will brown within a day of preparation, so make it fresh for best taste and presentation.

PAN-SEARED STEAK

1. A bit about pan-searing steak – The key to a great steak on the stove is a blistering hot pan and a bit of preparation. Our Frigidaire Professional Range has a 18,000 BTU PowerPlus® Burner, so it gets really hot, really fast. I like to rinse and dry the steaks fresh out of the refrigerator and then I let them warm to room temperature on the counter for about 30 minutes. I dust the surfaces with coarse pepper, but don't put any oil or salt on the meat as it sits on the counter.
2. Add a thin layer of salt to the cast iron pan and heat up until it just begins to smoke. Add pepper and steak in the pan. The steak should sear within about 30 seconds, then can be flipped to sear the opposite side. Flip 3-4 times per side, once every 30 seconds. Crush the cloves of garlic with your palm and then throw them whole into the pan with the butter. This will cause the pan to smoke, and gives the crust a nice charred flavor (and it looks incredible). When the meat is rare (see here for the FDA's guide on safe cooking temps for meat) remove and wrap in foil to rest for about 5 minutes. We used our Frigidaire Professional 1.8 Cu. Ft. 2-In-1 Over-The-Range Convection Microwave set to about 150 degrees to keep the steaks warm while resting.
3. We steamed some green beans in our Frigidaire Professional Rice Cooker (it comes with a steaming basket accessory), and then baked some sweet potatoes in our new microwave (using the convection feature) to go along with the spicy, wasabi steak.

INGREDIENTS:

WASABI LIME SAUCE

- 1/2 Cup Sour Cream
- 1/2 Avocado
- 3 TBSP. Cilantro
- 4 TBSP. Lime Juice (about 2 limes)
- 1/2 tsp. Salt
- 1/8 tsp Cayenne Pepper
- 1 1/2 tsp. Wasabi Paste
- Pepper to Taste

PAN-SEARED STEAK

- 1 tsp. Coarse Himalayan Salt
- 1/2 tsp. Coarse Black Pepper
- 3-4 Cloves Garlic
- 2 tsp. Butter
- 1/4 cup chicken broth
- Rib-Eye Steaks (about 12oz per person)