

## Pan-Broiled Steak



### Makes:

4 servings, approximately 4 ounces (113g), 1 inch (2.5 cm) thick each

### Utensil:

11" Large Skillet with Cover

12" Electric Oil Core Skillet

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### Recipe Description:

Savor the natural flavors of a juicy steak without added fats or seasonings.

4

fillets, rib-eye, or strip steaks of your choice, 4 ounces (113 g) each

### Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dissipate, approximately 2 - 3 minutes, place meat in pan. If using the electric skillet, preheat skillet to 375°- 400°F/190°- 204°C. Meat may stick.
2. Cook on one side until browned. It will loosen as it browns.
3. Turn and cook until other side is browned. If desired, cover and cook until Vapo-Valve? clicks. Reduce heat to low (for electric skillet, 275°-300°F/135°-148°C), and cook with cover ajar for approximately 5 - 10 minutes longer, or to desired doneness.

### Tips:

- For desired doneness cook according to the following recommendations (steak, boneless, 1-inch thick):
- Rare/red in center - 4 minutes on 1 side, 3 minutes on other side
- Medium rare-pink in center - 5 minutes on 1 side, 4 minutes other side
- Medium- slightly pink in center- 6 minutes on 1 side, 5 minutes other side
- Well-done/no pink in center - 7 minutes on 1 side, 6 minutes other side

Nutritional Information per Serving

**Calories:**

296

**Total Fat:**

22g

**Saturated Fat:**

9g

**Cholesterol:**

78mg

**Sodium:**

60mg

**Total Carbs:**

0g

**Dietary Fiber:**

0g

**Sugar:**

0g

**Protein:**

24g