

Smith Meadows Oven Baked Steak

2 10-12 oz. Smith Meadows Free-Range Steaks

Hot Cast Iron Frying Pan or Griddle

1 Baking Dish (Large enough for 2 steaks)

1 cup dry red wine

Preheat oven to 350 degrees. Pat the steaks completely dry with a paper towel while you heat up the pan or the griddle. If the pan or griddle is new or very dry, wipe the surface with a paper towel soaked in olive oil. If the pan or griddle are seasoned this step may not be necessary. Carefully sear the steak on both sides and the edges. Do not let the meat sit on the hot surface for more than a few seconds. Immediately place the steaks into a shallow baking dish with a cup of wine. Bake in the oven for 7-10 minutes (7 for rare, 10 for medium rare) Remove and flip the steaks. Return them to the oven for another 7-10 minutes on 350. Remove the baking dish, cover with a cotton towel or a lid of some sort. Let the meat rest for a few minutes before serving. Enjoy!