Skillet Steak with Compound Butter

Servings: 2

Ingredients:

- 2 steaks
- 2 shallot
- 5 whole cloves garlic
- 3-4 sprigs fresh thyme
- 2 sticks butter, softened (salted or unsalted)
- handful of chopped chives
- 6oz-8oz crumbled blue cheese/Gorgonzola
- Avocado oil (sub Grapeseed/Canola or beef tallow, something with a high smoke point)
- Salt and pepper

Directions:

1. Temper the steak by pulling it out of the oven and letting it sit at room temperature for ~30 minutes
2. Finely mince 2 garlic gloves and 1 shallot. Cook the shallot in butter until translucent (3-4 minutes), then add the garlic and cook until fragrant (1-2 minutes more)
3. Add the cooked garlic and shallots to 1 stick of butter along with the chopped chives and blue cheese. Mix well, then transfer to the center of a 10" piece of plastic wrap. Spread the butter out longways, then roll the butter in the plastic wrap to make a tight log. Transfer to the refrigerator to harden while you cook, then freeze/refrigerate any leftovers
4. Cut the remaining shallot into quarters and crush the 3 remaining cloves or garlic
5. Generously season the steaks with salt and pepper on both sides and the edges
6. Heat a large glug of oil (~2 Tbsp) in a skillet over medium high heat. When the oil is hot, add the steaks. If cooking something with a fat cap, like a strip, start by searing the fat cap for ~1 minute. Sear each side for 2 minutes
7. After searing the second side, lower the heat to medium-low/medium. Once the skillet has cooled down, add the stick of butter, crushed garlic, shallot, and thyme in with the steaks
8. Baste the steaks with the butter, flipping every 30 seconds, for 2 minutes. This will make a medium-rare steak. Baste 1 minute for rare, 3 minutes for medium (this is assuming 1.25"-1.5" thick steaks)
9. Let the steaks rest under foil for 5 minutes, then serve with the compound butter (I like to let the steaks rest with the butter on top to soften it up a bit)

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