

INGREDIENTS	TO SERVE 1–2
FOR THE STEAK	
Rib eye steaks (Read the entire recipe first. There are reasons to buy at least 2. Thickness is important.)	1 or more (1–1½"/ 2.5–4 cm thick)
S+P	To taste
Garlic clove	1
Grapeseed oil	Enough to coat skillet
Fresh rosemary sprigs (for another fast default steak seasoning, use Montreal steak rub)	1 large package
OPTIONAL	
Ghee	1 dollop
FOR THE PINE POLLEN COCKTAIL	
Pine pollen powder	1 t
Cold water	½ c (120 ml)
Strong stomach	1

PREP

00 At least a few hours before cooking your steak, "dry brine" it. I do this step the night before. Generously coat one side of your steak with kosher salt and place it, uncovered and salted side up, on a plate in the fridge. We'll rinse it off later, but in the meantime the salt will pull water out of the steak, and this salty water (brine) will form a layer on top of the steak for about 30–45 minutes before it's reabsorbed into the meat, which flavors and tenderizes it.

Unlike "wet brining," where you soak meat in saltwater, this "dry brining" doesn't risk water-logging your food. The technique was popularized by chef Judy Rodgers of Zuni Café, who uses it for prepping roast chicken. It was introduced to me by Jaden Hair, who uses it for turning "cheap 'choice' steak" into "Gucci 'prime' steak."

PICKUP

00 Roughly 90 minutes before you want to eat, rinse off the steak(s) and pat *completely* dry with paper towels. Really get 'em dry.

01 Rub both sides with a halved garlic clove and sprinkle S+P on them. If you want to get all sciency, use 0.5% of your meat weight in salt, 0.25% per side. Personally, I just coat the sucker. It's hard to overdo it.



02 Put the steak in the freezer, unwrapped, for 30–45 minutes. Elevate it if possible (even on a few pencils on a paper plate), so that all surfaces are exposed to air. A cake rack works perfectly. Place a paper towel underneath to catch drippings. This freezer trick from *Cook's Illustrated* is used to evaporate any residual surface moisture, which will allow for the perfect sear. The freezer, just like Antarctica, is an unusually dry environment. Don't exceed 45 minutes, as we don't want to freeze our steak, just dry its exterior.

03 After putting the meat in the freezer, preheat your oven to 200°F (90°C). This low temperature offers a large margin for error and will cook the steak incredibly evenly.[26] To standardize how you cook your steaks, ensure the rack is set in the middle or lower third of the oven (things generally cook more slowly at the top). Heston Blumenthal cooks his "perfect steak" at 122°F (50°C), but you probably don't want to wait 24 hours, like he does.

Red Meat Alternatives

How can you cholesterol load for testosterone without red meat? First, try shrimp. A mere 3 oz (85 g) will give you 55% of your daily allowance. If you want to skip the foreplay, try a can of Rose Pork Brains, which contains 3,190 mg of cholesterol in one serving, delivering a whopping 1,063% of the daily 300 mg recommended by the American Heart Association. Eat 15 whol eggs or a slurp of canne pork brains? You decide.

26 Our default 350°F (180°C) will work for steak, but you'd use different prep. See page 194.