



them spaced well apart. If you add more than two steaks to the pan at once, the temperature will drop and the steak will stew, rather than fry.

4. Don't turn the steaks until good seared markings are achieved, then turn them over and cook on the other side.
5. You must let the steak rest for about 3 minutes before serving, to allow the juices that have been drawn to the surface to relax back into the meat.