

TLS - "I think careful cooking is love, don't you?" -J.C.

## *Stove Top Steak with Jalapeno Butter*

Prep Time: 5 minutes

Cook Time: 3-7 minutes (to desired done-ness)

Rest Time: Approx. 3 minutes

Total Time: 10 - 15 minutes

Yield: 2 steaks

Ingredients:

For Jalapeno Butter:

1 stick butter

1 medium to large jalapeno

For Steak:

2 steaks

Salt (to taste)

Pepper (to taste)

Garlic Powder (to taste)

Cooking oil

1. Allow butter to soften. Finely chop jalapeno (remove seeds and stems for less heat). Stir into softened butter. Return butter to fridge to harden.
2. Heat a pan over high heat. Add oil to lightly coat pan. Place steaks into oiled pan and allow to cook to desired done-ness on each side (take care to flip only once during cooking).
3. In final 30 seconds of cook time, add approximately 2-3 tablespoons of jalapeno butter to pan. As butter melts, tip the pan towards the steaks and spoon the melted butter over the top of the steaks.

