



# AF Rib Eye Steak

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**Servings: 2**

**Description:** Quick and easy way to make a superb Ribeye Steak, Adapted from myforkinglife.com

**Source:** : Mar 2019. This recipe creates Medium cooked steak. For medium rare, cook for 10 minutes, flipping halfway through. For medium well, cook for 14 minutes, flipping halfway through. To ensure it is done to your liking, use a quick read thermometer to check the temperature. Internal temperatures for Air Fryer Steak are as follows: 125°F for rare; 135°F for medium rare; 145°F for medium; 150°F for medium well.

**Preparation Time:** 20 minutes

**Start to Finish Time:** 32 minutes

**Serving Ideas:** Serve with Brussels Sprouts in a Balsamic Reduction.

**Suggested Wine:** 2013 Campo Viejo Rioja Reserva

## **Ingredients - Steak**

**2 8 oz Rib Eye steaks**

**Hawaiian Pink Salt**

**freshly ground**

**Tellicherry Black Pepper**

**Olive Oil**

## **Ingredients - Garlic**

**Butter**

**1 stick unsalted Butter softened**

**2 T chopped Parsley**

**2 t minced Garlic**

**2 t fresh Thyme Leaves**

**1 t Worcestershire Sauce**

**1/2 t Hawaiian Pink Salt**

## **Directions**

- 1) Prepare Garlic Butter by mixing butter, parsley garlic, thyme, Worcestershire Sauce, and salt until thoroughly combined. Place in parchment paper and roll into a log. Refrigerate until ready to use.
- 2) Remove steak from fridge and allow to sit at room temperature for 20 minutes. Rub a little bit of olive oil on both side of the steak and season with salt and freshly ground Tellicherry Black pepper.
- 3) Lightly grease your Air Fryer basket by rubbing a little bit of oil on the basket. Preheat Air Fryer to 400° F. Once preheated, place steaks in air fryer and cook for 12 minutes, flipping halfway through.
- 4) Remove from air fryer and allow to rest for 5 minutes. Top with garlic butter and serve with sautéed mushrooms and Brussels sprouts in balsamic reduction.

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