

Pan Seared Denver Steak Recipe



5 from 18 votes

Indulge in the rich flavors of Denver steak with this simple pan-seared recipe.  

Searing to perfection locks in the juices, while a touch of seasoning brings out the robust taste. In just a few steps, you'll have a mouthwatering steak that's the centerpiece of a memorable meal. This is the perfect cut for serious steak lovers.

Prep Time	Cook Time	Resting Time	Total Time
5 mins	10 mins	5 mins	20 mins

Course: Main Course Cuisine: American Servings: 2 Calories: 881kcal

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Ingredients

- 2 lbs Denver Steak
- 1 tbsp Kosher Salt
- 2 tbsp Olive oil or your favorite neutral cooking oil
- 2 tbsp butter
- 3 Garlic cloves smashed
- 3 sprigs fresh Rosemary and thyme
- Freshly ground black pepper

Instructions

Prep the steak

1. Pat the steaks dry and season them on all sides with salt.
2. Allow steaks to sit in the fridge for up to 8 hours at room temperature for 30 minutes.
3. When ready to cook the steaks, rub them with oil and lightly season them with salt again.

Pan sear the steak

1. When ready to cook, preheat a large cast iron skillet over medium high heat until it's just starting to smoke.
2. Place the steaks in the skillet and sear for 2 to 3 minutes, letting a good crust form.
3. Then, using tongs, flip the steaks and add the butter, garlic, and herbs to the pan.
4. Using a spoon, carefully ladle the melted butter over the steaks to bath them in flavor as they continue to cook.
5. Cook the steaks to your preferred doneness, 3 to 5 minutes longer, using an instant-read thermometer for the most accurate results.
6. *Depending on the thickness of your steak, you may need to finish the steaks in a preheated oven. See the notes below.*

Rest and Serve

1. Carefully transfer the steaks to a cutting board and tent with foil.
2. Rest steaks for 5 minutes before slicing against the grain and serving.

3. Garnish with a pinch of freshly minced herbs and ground black pepper to serve.

Notes

If you have a thick Denver steak over 1 1/2 - 2 inches thick, preheat the oven to 400 degrees F. When you flip the steaks, add the butter, garlic, and herbs. Then using an oven mitt, carefully transfer the hot pan to the oven. Allow the steaks to cook under the ambient heat until cooked to your desired doneness.

Add extra flavor to your steaks by placing a dollop of [compound butter](#) over the top of them as they rest.

This steak is delicious paired with [brandy peppercorn sauce](#).

To make seared Denver Steaks on a grill: You can use your cast iron pan on a grill to make these steaks. Simply make a 2-zone fire by creating a hot and cool zone on the grill grates by stacking lit coals to one side of the grill. Cook as direct, moving the pan to the cooler side of the grill, if needed, and closing the lid in between the steps.

Nutrition

Serving: 1g | Calories: 881kcal | Carbohydrates: 2g | Protein: 97g | Fat: 55g | Saturated Fat: 22g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 27g | Trans Fat: 2g | Cholesterol: 343mg | Sodium: 3911mg | Potassium: 1792mg | Fiber: 0.3g | Sugar: 0.1g | Vitamin A: 426IU | Vitamin C: 2mg | Calcium: 87mg | Iron: 11mg