

Ooni Flame Grilled Steak



Ingredients

- 2 thick-cut steaks
- Fine sea salt, to taste
- Freshly ground black pepper, to taste
- 2 tsp extra-virgin olive oil
- Your favourite steak rub, to taste (optional)
- 2 tbsp butter, mixed with 1 tbsp chopped parsley or chives

Directions

- Step 1 – Season your steak by gently patting the salt and pepper into the meat with a little olive oil, as well as your rub (if using).
- Step 2 – Fire up your oven; aim for 500 °C on the stone baking board inside. You can check the temperature of your oven quickly and easily using an infrared thermometer.
- Step 3 – When the oven is ready, place your seasoned Grizzler plate inside to preheat. After 5 minutes, remove the plate. Using tongs, carefully lay your steaks across the Grizzler ribs.
- Step 4 – Turn the flame of your oven to medium or low to prevent overcooking; return the Grizzler to the oven. For a 20-millimetre cut steak, cook for 2 to 3 minutes on each side. Flip and rotate the steak to ensure an even heat distribution in the hotter zones of the oven.
- Step 5 – Using your meat thermometer, check the temperature inside your steak. For rare, aim for 52 °C. For medium rare, aim for 57 °C. You can use increments of 5 °C for increasing levels of doneness. Once cooked to your desired level, remove the Grizzler and transfer the steaks to a wooden cutting board.
- Step 6 – Place a knob of butter on top of each steak, cover with aluminium foil, and let the meat rest for roughly the time it took to cook. This allows the juices to settle evenly, ensuring full flavour with every bite. For maximum tenderness, slice across the grain of the steak with a sharp knife, serve and enjoy.

