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IN THE RECORD KITCHEN

Record Kitchen: Pan-roasting suits all meats

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By **BILL PITCHER**
STAFF WRITER

Alex Gorant, executive chef at Axia Taverna in Tenafly, shows off a pan-roasted rib-eye. He adds butter, garlic and herbs to his pan juices.



PETER MONSEES / THE RECORD

Your bag of charcoal is in one arm, and a big hunk of meat is in the other. Then comes the rain. So much for your dream of perfect steak, with its flavorful dark crust outside and nothing but succulence inside.

▲ Alex Gorant, executive chef at Axia Taverna, suggests pan-roasting meat for the times that grilling isn't an option.

Your next-best option is pan-roasting, a technique that fits all meats in all seasons, said Alex Gorant, executive chef at Axia Taverna in Tenafly, who visited The Record Kitchen to show us how it would work with a rib-eye.

"The most important part is the first step, the pan," he said. "You want it hot enough to sear," he said. After developing the crust on all sides, Gorant likes to add butter, which helps to cool down the pan, then garlic and herbs, which mingle with the pan juices to form a sauce that will help flavor your finished dish.

"You need to cool it down, because if the pan is too hot, you're going to get the taste of burnt garlic on everything," he said.

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The meat is finished in a preheated oven, usually just for a few minutes, until reaching desired doneness.

How to pan-roast

- Set an appropriately sized saute pan on medium-high heat. While it's heating, season your meat with salt and pepper.
- Pour 1 to 2 tablespoons of vegetable oil in the pan, and when it shimmers, carefully set down your meat.
- Sear the first side for about 2 minutes, then turn it over to sear the other side. If you're cooking a thick piece of meat, you also may want to sear the edges.
- Add 1 to 2 tablespoons of butter to the pan, and reduce heat to low. When butter has melted, add garlic and herbs. Stir everything together, and spoon mixture over the meat a few times.
- Transfer the pan to a preheated 350-degree oven to finish cooking meat to desired doneness. Cooking time will vary depending on the size of your meat. Allow meat to rest a few minutes before slicing.

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