

Chef from the Hood Recipes



Chef:
Scott Beckland

Recipe:
Scott's favorite Rib Eye Market Steak!

This cut, from the center of the prime rib is best cooked over hot coals or on a gas BBQ. Here's Scott's favorite dinner featuring this perfect cut of meat. Cooking times given are for a rare to medium rare steak.

Prep: Start coals. Sprinkle each 12 oz. steak with sea salt & freshly ground black pepper. Scott likes to serve this steak with small oven roasted new potatoes. Wash new potatoes, roll them around in a bowl of olive oil until they are coated and shiny. Place potatoes in a pan and sprinkle with sea salt & pepper. Add some fresh rosemary & whole cloves of garlic to the pan if you like. Roast in a 350° oven for 30 to 45 minutes, or until potato skins crisp and centers are soft. Make a salad. Set the table. Heat French bread.

Cook meat just before ready to eat: 4 to 5 minutes per side over white hot coals or medium to high heat.