

How to Pan Sear

The following tips were provided by Heinen's partner, [Chef Billy Parisi](#).

1. Season your protein well on both sides with salt and pepper.
2. Place a cast iron skillet or pan on the burner of your cooktop.
3. Turn the heat to high and add 2 Tbsp. of your oil of choice.
4. Once the oil is lightly smoking, add your protein.
5. Immediately reduce the heat to medium to ensure that the protein does not burn.
6. Add a few pads of unsalted butter to help with the browning process and add flavor.
7. If cooking a steak, sear for about 2-3 minutes per side to ensure that you reach a safe internal temperature.
8. Baste your protein by gently tilting the pan towards yourself and spooning the drippings in the pan onto the top of the protein.
9. Once the protein is done cooking remove it from the burner and set it on a cutting board to rest for 3-5 minutes before slicing and serving.

