

Homemade Salt Dry-Aged NY Strip Steak

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We are using salt, and dry aging to make some fantastic steaks. I love steak in all the countless ways you can prepare it. But by far my favorite is dry-age beef. Dry-aged beef is very tender, but more importantly very, very tasty and very, very juicy. Aged beef at a steakhouse is expensive, but you can create that same flavor at home.

INGREDIENTS

1 NY Strip Steak or any thick beef sliced into thick steaks
1/2 Tbsp Kosher Salt

See Below: A tip to getting started into salted dry-aging of steaks.

INSTRUCTIONS

Use a baking pan with a rack for the dry-age process. If you do not have a baking pan and rack then use a plate with 3 forks. Wedge the prongs on the three forks together and spread the forks to make a rack on the plate. Salt the steak with a 1/2 tablespoon of Kosher Salt on all sides of the steak. Some steaks need more salt or less salt due to their surface area and thickness. This recipe works well for steaks up to 2 inches thick and weight one pound. You just want to have good coverage of Kosher Salt on the steak. What salt sticks to the steak is good enough. Try not to pack the salt onto the steak. Place the steak on your rack.

The steak needs to be exposed to the cold dry air from the refrigerator, but we want to protect the steak. Use three tooth picks and insert one at each end of the steak and the third in the middle. The toothpicks will be the poles for a little tent. Use one-half sheet of paper towel and folding it to cover the steak. Every 6 hours or so check the meat for pooling liquid. Opening the fridge isn't bad for the meat, except for the change of temperature, which you want to keep constant around 35 degrees. But opening the refrigerator will let some of that funky smell out of the fridge as the meat ages. The smell is usually during the first 24-36 hours. Dab out any fluid out of the container with a paper towel, and then change the top paper towel. Many times you wont see any juices at all, then you know the cold air is really drying the meat. The dry-aged beef should have no bad smell and begin to turn a ruby red color as it ages after 36 hours. The little tent will allow cold dry air to make its way to the steak, but keep other stuff in the fridge from falling directly on the steak. Try re-using a plastic cake or muffin container to dry the steaks. Create holes large enough on the sides to allow air to circulate. Experiment and see what works for you.

A tip to getting started into salted dry-aging of steaks. Use a large thick cut of beef chuck. Use one tablespoon of kosher salt to cover beef chuck. Allow the steak to age twenty-four hours, then slice a thick piece, then cook it. Taste it. Add a few pinches of kosher salt to the cut portion of the beef chuck and let it age another day. Taste it again. Repeat the process and eventually, you will find an aging time that works for you. I have aged beef chuck up to five days, but that was only because there was nothing left to age. The beef chuck was super tender, juicy, and very tasty. A great item to serve at parties.

Remove the steak from the refrigerator and allow the steak to rest at room temperature for at least twenty minutes. This will allow the interior of the steak to warm up, otherwise, you may overcook the outside of the steak and the inside will be cold. Cook your steak on high heat as you prefer. A rare steak feels like your relaxed palm muscle. A medium steak feels like your relaxed forearm muscle three inches from your inside wrist. A well-done steak feels like your wrist next to your palm. Baste the steaks with butter, minced garlic, and dried parsley. Cover the steak with tinfoil after cooking and allow the steaks to rest for 5-8 minutes. The resting period allows the steak to retain its moisture. This will keep the steak juicy and warm. The steaks will typically push out clear or slightly reddish juices during the resting period. Keep in mind that you can always cook a steak more, but you can't cook it less.

Thanks for stopping by. I hope you enjoy your own Homemade Salted Dry-Aged NY Strip Steaks. Remember to share your recipes,

Until next time. Adios

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