

## Re: How to season a steak?

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*Source:* <http://newsgroups.derkeiler.com/Archive/Rec/rec.food.cooking/2008-02/msg05950.html>

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- *From:* "janospetrik@xxxxxxxxxxx" <janospetrik@xxxxxxxxxxx>
  - *Date:* Sat, 16 Feb 2008 15:19:03 -0800 (PST)
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On Feb 16, 6:10 pm, rosie <RMi1013...@xxxxxxx> wrote:

On Feb 16, 2:11pm, James Egan <jegan...@xxxxxxxxxxx> wrote:

I bought two 8oz Black Angus fillet Mignon steaks for my wife and I on Valentines day from the local Giant supermarket. I seasoned the steaks with our house seasonings which consists of garlic powder, onion powder, pepper, and salt. Since it's cold where we're at, I cooked them in one of those frying pans with the serrated bottoms. I cooked them in a couple of pats of butter, until they were medium. They were tender, but I thought the flavor was somewhat lacking. I know they will never compare to some of the aged steaks I get at some of my favorite restaurants. But what can be done to make a supermarket steak more flavorful? I know some restaurants use a combination of spices to enhance the flavor.

-Thanks

I like steaks seared, then cooked medium rare, for seasoning I like salt, fresh ground pepper and garlic fresh pressed on top. Also a nice pat of butter melting over all.. YUM

Rosie

Mmmm. Especially homemade herbed butter. The recipe is on one of Alton Brown's Food Network shows. The rerun was shown last night. I like it on the side.