

Steak

Ingredients

Beef steak

Vegetable oil

Method 1	Method 2
Mesquite seasoning	Put the beef steak in my Smoke barbecue chicken brine for 2 – 3 days before cooking.
Montreal steak seasoning	
Optional spicy seasoning	

Cooking Directions

Set an electric skillet to 375°.

Add a little oil to the pan.

Once hot, place the steaks in the pan.

Method 1	Method 2
Sprinkle with Mesquite seasoning.	Put the beef steak in my Smoke barbecue chicken brine for 2 – 3 days before cooking. Cook both sides for 3 minutes.
Turn over after 3 minutes.	
Sprinkle with Montreal steak seasoning or Jerk seasoning.	
Remove after 3 minutes.	