SUNDAY RIVER RANCH®

TEXAS WAGYU BEEF

WAGYU RECIPE COLLECTION

Wagyu Flat Iron Steak with Garlic Herb Butter

A beautifully tender cut, elevated with simple ingredients.



Bold Flavor • Tender Texture • Ranch Raised

FULL RECIPE & CHEF TIPS ON PAGE 2

Wagyu Flat Iron Steak

with Garlic Herb Butter

PREP 10 MIN • COOK 8–12 MIN • REST 5–10 MIN • SERVES 2

INGREDIENTS

- ☐ 1–2 Sunday River Ranch Full-Blood Wagyu Flat Iron steaks (about 1–1.5 lb total; thickness varies)
- ☐ Kosher salt and freshly ground black pepper
- ☐ 1 tsp high-heat oil, only if needed
- ☐ 4 tbsp unsalted butter, softened
- ☐ 1 garlic clove, finely minced
- ☐ 1 tsp fresh rosemary, finely chopped
- ☐ 1 tsp fresh thyme leaves
- ☐ 1 tbsp fresh parsley, chopped
- ☐ Optional: flaky sea salt to finish

THE METHOD

1. Mix butter — Combine softened butter, garlic, rosemary, thyme and parsley.

2. Prep steak — Pat steak dry; season both sides with salt and pepper.

3. Sear — Heat cast iron over medium-high. Add oil if pan needs it. Sear about 3–5 min per side, depending on thickness.

4. Check — Use a thermometer; avoid overcooking richly marbled Wagyu.

5. Rest — Rest 5–10 minutes; top with garlic herb butter.

6. Slice — Slice thinly against the grain; finish with flaky salt.

RANCH TIP

Flat iron is naturally tender; slice across the grain for the best bite.

For medium-rare preference, aim for 130–135°F after carryover cooking.

USDA guidance: cook whole steaks to 145°F and rest at least 3 minutes.