

Steak

General

- Put pan on medium-high heat, level 6, and wait for pan to become hot
- Load pan with butter or margarine before loading steak
- Dry and season steak before adding to pan
- Once steak is loaded, do not move until it is time to flip

Thin, Quick-Fry

- 1:30 minutes per side

Standard

- 2:00 minutes per side

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