

Perfect T-Bone Steaks with Homemade Herb Butter

Marinated Herb Butter T-Bone Steaks ???



TIME
60 min

TEMP
145°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Herb Butter:

¾ cup unsalted butter, softened

2 tbsp chopped fresh parsley

1 tbsp chopped fresh rosemary

1 tbsp chopped fresh thyme

2 cloves garlic, minced

1 tsp lemon juice

Salt and black pepper, to taste

For the T-Bone Steaks:

2 T-bone steaks (about 1½ inches thick)

2 tbsp olive oil

Salt and freshly ground black pepper, to taste

DIRECTIONS

1. **Make the Herb Butter:** In a bowl, mix the softened butter, herbs, garlic, lemon juice, salt, and pepper. Shape into a log using plastic wrap, roll it tight, and chill until firm (about 30-60 minutes).
2. **Prep the Steaks:** Pat the steaks dry. Rub each with olive oil and season generously with salt and pepper. Let sit at room temperature for 30 minutes-this helps ensure even cooking.
3. **Grill the Steaks:** Heat your grill or cast iron skillet to high heat. Grill steaks for 4-5 minutes per side for medium-rare (internal temp: 135°F), adjusting for thickness. Avoid pressing down on the steaks-let the heat do its job.
4. **Rest and Butter:** Transfer steaks to a cutting board. Top each with a slice of chilled herb butter. Let rest for 5 minutes to allow juices to redistribute and butter to melt.
5. **Serve:** Slice and serve hot with your favorite sides. Spoon over any melted butter from the board for bonus flavor!

TIPS FOR SUCCESS

Use a thermometer to avoid guesswork: 130-135°F = medium-rare, 140-145°F = medium Let the butter chill fully before slicing-it spreads best when firm Bring steaks to room temp before grilling to ensure even cooking Want grill marks?

Rotate 45 degrees halfway through each side's cook time

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/perfect-t-bone-steaks-with-homemade-herb-butter/>