

- Prep Time: 20 minutes
 - Cook Time: 15 minutes
 - Total Time: 35 minutes
 - Servings: 4 sandwiches
 - Difficulty: Moderate
 - Intensity Level: Medium-High (requires quick hands during the sear)
-

Table of Contents



- [Ingredients](#)
 - [For the Steak](#)
 - [For the Onions](#)
 - [For the Cheese](#)
 - [For Assembly](#)
- [Equipment Needed](#)
- [Step-by-Step Instructions with Time and Intensity](#)
 - [Step 1: Freeze and Slice the Steak](#)
 - [Step 2: Caramelize the Onions](#)
 - [Step 3: Preheat the Griddle and Toast the Rolls](#)
 - [Step 4: Sear the Beef](#)

- [Step 5: Chop and Combine](#)
- [Step 6: Melt the Cheese](#)
- [Step 7: Assemble the Sandwiches](#)
- [Timing Summary Table](#)
- [Nutrition Information \(Per Sandwich\)](#)

Ingredients

For the Steak

- 2 pounds ribeye steak (or top sirloin for a leaner option)
- 2 tablespoons vegetable or canola oil
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

For the Onions

- 2 large yellow onions, thinly sliced
- 2 tablespoons butter
- ¼ teaspoon salt

For the Cheese

- 8 slices white American cheese (or 12 slices provolone, or 1 cup Cheez Whiz)
- Alternative: 1 cup shredded mozzarella for a milder melt

For Assembly

- 4 hoagie rolls (soft Italian rolls, preferably Amoroso-style)
- 2 tablespoons melted butter (for toasting)
- Optional toppings: sliced mushrooms, green bell peppers, hot cherry peppers, mayonnaise, ketchup

Equipment Needed

- Large cast-iron skillet or flat griddle
- Metal spatula (essential for chopping)
- Sharp chef's knife

- Cutting board
 - Tongs
 - Aluminum foil
-

Step-by-Step Instructions with Time and Intensity

Step 1: Freeze and Slice the Steak

Time: 15–20 minutes (mostly inactive) | Intensity: Low

Place the ribeye in the freezer for 15–20 minutes. This firms the meat without freezing it solid, making it far easier to slice paper-thin. Using a very sharp knife, slice the steak against the grain as thinly as possible—aim for $\frac{1}{8}$ -inch or thinner. If you have a deli slicer, even better. Set the sliced beef aside on a plate.

Pro Tip: Partially frozen meat is the secret to shaving beef thin enough for authentic texture. Thicker slices turn chewy rather than tender.

Step 2: Caramelize the Onions

Time: 10–12 minutes | Intensity: Medium

Heat a large skillet over medium heat. Add the butter and sliced onions. Sprinkle with $\frac{1}{4}$ teaspoon salt to draw out moisture. Cook, stirring occasionally, for 10–12 minutes until the onions are soft, golden, and sweet. If they begin to brown too quickly, reduce the heat to medium-low. Transfer the onions to a bowl and set aside.

Intensity Note: This step requires attention but not speed. Stir every 2 minutes to prevent burning.

Step 3: Preheat the Griddle and Toast the Rolls

Time: 3-4 minutes | Intensity: Low

Wipe the skillet clean and heat it over medium-high heat for 2-3 minutes until a drop of water sizzles instantly. While it heats, brush the inside of each hoagie roll with melted butter. Place the rolls face-down on the hot skillet for 60-90 seconds until lightly golden. Remove and set aside.

Step 4: Sear the Beef

Time: 4-6 minutes | Intensity: High

Add the oil to the hot skillet. Working in batches to avoid crowding (crowding steams the meat instead of searing it), add the sliced beef in a single layer. Season with salt and pepper. Let it sear undisturbed for 60-90 seconds, then flip and sear another 60 seconds. The beef should be browned at the edges but still juicy.

Intensity Note: This is the most fast-paced step. Have your spatula ready and work quickly. If cooking in batches, keep the first batch warm under foil while you sear the second.

Step 5: Chop and Combine

Time: 2 minutes | Intensity: High

Once all the beef is seared, return it all to the skillet over medium-high heat. Using your metal spatula, chop the beef into small, bite-sized pieces, pressing down firmly. Add the caramelized onions back to the skillet and mix everything together. Use the spatula to divide the mixture into four equal piles.

Step 6: Melt the Cheese

Time: 2 minutes | Intensity: Medium

Reduce the heat to low. Lay 2 slices of American cheese (or 3 slices provolone, or ¼ cup Cheez Whiz) over each pile of beef. Cover the skillet with a lid or a piece of aluminum foil for 60–90 seconds until the cheese is fully melted and gooey.

Pro Tip: If using Cheez Whiz, warm it in a small saucepan or microwave-safe bowl for 30 seconds before pouring over the meat.

Step 7: Assemble the Sandwiches

Time: 2 minutes | Intensity: Medium

Slide your spatula under each cheesy beef pile and transfer it directly into a toasted roll. Press the roll closed gently. If desired, add mayonnaise, ketchup, or hot peppers. Serve immediately—cheesesteaks wait for no one.

Timing Summary Table

Step	Time	Intensity
Freeze & slice steak	15–20 min	Low
Caramelize onions	10–12 min	Medium
Preheat & toast rolls	3–4 min	Low
Sear beef	4–6 min	High
Chop & combine	2 min	High
Melt cheese	2 min	Medium
Assemble	2 min	Medium
Total	35 min	Medium-High

Nutrition Information (Per Sandwich)

Based on 4 servings using ribeye, American cheese, and standard hoagie rolls.

- Calories: 720 kcal
- Total Fat: 42 g
- Saturated Fat: 18 g
- Cholesterol: 135 mg
- Sodium: 1,180 mg
- Total Carbohydrates: 42 g
- Dietary Fiber: 2 g
- Sugars: 5 g
- Protein: 42 g