

How to Cook the Perfect Steak



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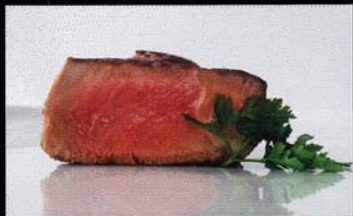
There are a few basic tips for cooking the perfect steak. Firstly, it is important to use the right cut. Meat preparation and cooking method are also important. Use this guide as a reference for cooking times and touch testing. You will soon learn if a steak is cooked to your liking by feeling the steak with the back of a pair of tongs and by its appearance. After cooking, allow steaks to rest for 3-5 minutes.

Rare

Cook each side 2 mins, turn once only.

Description: Internal very red colour, very moist, red juices.

Touch test: Very soft to touch.



Medium Rare

Cook each side approx. 3-4 mins. Turn once only before pink beads of moisture appear on top surface of each side.

Description: Internal lighter red colour, moist, pink juices.

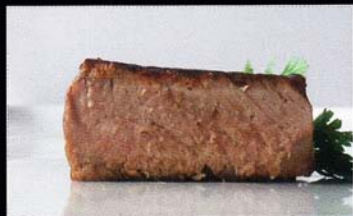
Touch test: Soft and springy.

Medium

Cook 4-6 mins each side. Turn once only.

Description: Internal pink red colour, moist, clear to pink juices.

Touch test: Firm and springy.



Well Done

Cook 2-4 mins each side, then reduce heat and cook a further 4-6 minutes.

Description: Internal stone grey colour, dry, clear or no sign of pink juices.

Touch test: Very firm to touch.