

HOW TO COOK THE PERFECT STEAK

Before cooking

- Only buy steaks of even thickness, not 'wedge shaped'.
- Steaks should be at least 21mm thick.
- Always defrost steaks in fridge if frozen.
- If using a pan, it should be heavy based.
- Heat pan, grill or BBQ to hot before putting steaks on.
- There should always be plenty of sizzle when cooking steaks.

Cooking very thick steaks

- Brown all sides in a hot pan.
- Slightly reduce heat and cook as required.

The best beef tip of all – buy beef that is graded by Meat Standards Australia, it's guaranteed to be tender.

Cooking Test when to take out of the pan by using the back of the tongs or a steak thermometer to measure the temperature in the middle of the steak. Do not poke, prod or pierce as this will dry out the steak.

After cooking Position steaks in a warm place, or cover with foil and rest for 3-5 minutes.

Practice Makes Perfect



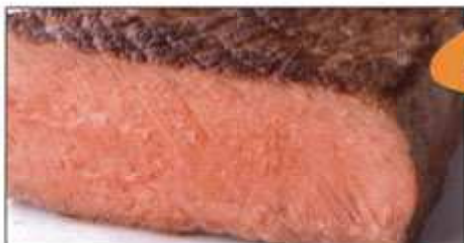
Rare

- Cook for a few minutes per side (depending on thickness).
- Turn only once.
- Cook until steak feels 'very soft' with back of tongs.
- Internal temperature approximately 35°C.



Medium Rare

- Cook on one side until moisture is just visible on top surface.
- Turn only once.
- Cook on other side until surface moisture is visible.
- Cook until steak feels 'soft' with back of tongs.
- Internal temperature approximately 45°C.



Medium

- Cook on one side until moisture is pooling on top surface.
- Turn once only.
- Cook on second side until moisture is visible.
- Cook until steak feels 'springy' with back of tongs.
- Internal temperature approximately 55°C.



Medium Well

- Cook on one side until moisture is pooling on top surface.
- Turn and cook on second side until moisture is pooling on top.
- Reduce heat slightly and continue to cook until steak feels 'firm' with back of tongs.
- Internal temperature approximately 65°C.



Well Done

- Cook on one side until moisture is pooling on top surface.
- Turn and cook on second side until moisture is pooling on top.
- Reduce heat slightly and continue to cook until steak feels 'very firm' with back of tongs.
- Internal temperature approximately 75°C.