

# How to cook the perfect steak



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## 1. TAKE THE MEAT OUT OF THE FRIDGE

Allowing your meat to come to room temperature before cooking.

## 2. SALT YOUR STEAKS

At least 40 minutes before or even the night before cooking.

## 3. PAT DRY THE STEAKS AND LEAVE THE FAT ON.

(If you want to cut the fat off the steak, do it once it's cooked as fat adds flavour and moisture to the meat while it's cooking).

## 4. BRUSH THE STEAKS WITH OIL

After brushing with oil, season the meat all over before cooking.  
Don't add oil to the pan.

## 5. PREHEAT A LARGE FRYING PAN (OR BBQ) TO A HIGH HEAT

If using a frying pan, the heavier the base, the better – heavy-based pans hold heat longer and cook the meat evenly. Don't overcrowd the pan or BBQ, as the meat will stew. You should hear a sizzle when the steak hits the pan.

## 6. TIMING

To test for doneness, use the tip of your clean index finger (or tongs) to gently prod the steak. If the steak is soft and squishy, it's rare. If it's soft but a bit springy, that's medium-rare. If it's springy, that's medium.

Tip for medium, cook steak on one side, when blood comes through turn and repeat then rest.

## 7. ALLOW THE STEAKS TO REST AND SERVE

Place the steaks onto a cake rack, wooden board or plate, cover loosely with foil and rest for about 6–7 minutes before slicing across the grain or serving. Resting will allow the meat to relax, and the juices will return to the meat fibres. This means the juices won't run out on to the plate when you cut the steak – and results in more tender steak.

STEAK DONENESS	TEMPERATURE (°C)
Medium Rare Steak	54–57°C
Medium Steak	57–63°C
Medium Well Steak	63–68°C
Well Done Steak	68°C and up

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