

How to BBQ the Perfect Steak



Recommended Cuts

Boneless Cuts

- Porterhouse/Sirloin
- Scotch Fillet
- Rump (including eye, centre cut and tip)
- Eye Fillet
- Round
- Eye Medallion
- Eye of Silverside
- Blade
- Oyster Blade
- Topside Steak

Bone In Cuts

- Rib Eye
- T-Bone
- Blade

Method

1. Select thick steaks in preference to thin steaks as the longer they take to cook the more chance there is to develop a good bbq flavour.
2. Trim any unwanted fat from steak before cooking.
3. Brush steak with a little canola oil to stop surface drying out and sticking to the bbq plate or char grill. If desired, add flavourings to oil such as garlic, herbs and chilli.
4. As an alternative to oil, brush curry paste over the steak to stop the meat from drying out and sticking to the bbq plate. It also adds great flavour, particularly if marinated over night.
5. Have bbq plate or char grill well cleaned and allow plenty of time to heat to ensure good steak colour and flavour development.
6. Cook steak on a hot bbq plate or char grill until well sealed before turning (about 2-3 minutes each side for boneless cuts, 3-4 minutes for bone-in), using the juices which appear on uncooked side as an indication when steak is ready to turn. Not only does sealing the steak develop colour and flavour, there is better retention of the juices. Also to enable the steak to seal properly, it shouldn't be turned too often (once for rare, 2-3 times for medium).
7. For rare, remove immediately after sealing (steak will feel very soft). For medium or well done, move to cooler part of bbq or reduce heat to medium/low and continue cooking about 2-3 minutes each side for medium; 4-5 minutes each side for well done.
8. Test steak is cooked to your liking by pressing with tongs (rare feels very soft, medium a little firmer). It is best not to cut into steak as it only causes the juices to escape rendering the steak dry. Cover and rest for about 5 minutes before serving to retain juiciness.

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Source of Information: Australian Meat Industry Council, Australian Pork Limited, Meat & Live Stock Australia and Tanner Couch Calendars.