

How to Cook at Steak

Before Cooking

Only buy steaks of even thickness, not "wedge shaped". Steak should be at least 20mm thick. Always defrost in the fridge, if frozen. If using a pan, it should be heavy based. Heat pan or grill, to hot, before putting steaks in. There should always be plenty of sizzle while cooking steaks.

Cooking Very Thick Steaks

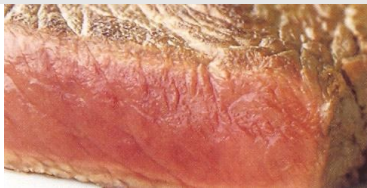
Brown all sides in a hot pan. Slightly reduce heat and cook as required. Test when to take out of pan by using the back of the tongs or a steak thermometer to measure the temperature in the middle of the steak (described below)

After Cooking

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

REMEMBER: This is a guide – practice makes perfect.

RARE



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

MEDIUM RARE



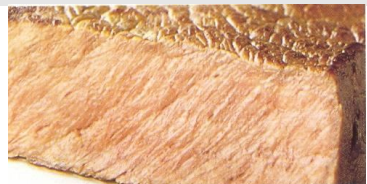
Cook on one side until moisture is just visible on top surface.
Turn once only.
Cook on other side until surface moisture is visible.
Cook until steak feels 'soft' with back of tongs.
Internal temperature approx. 45°C.

MEDIUM



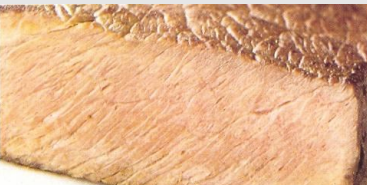
Cook on one side until moisture is pooling on top surface.
Turn once only.
Cook on second side until moisture is visible.
Cook until steak feels 'springy' with back of tongs.
Internal temperature approx 55°C.

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 approx. 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 approx. 75°

Brought to you by Peninsula Bulk Meats

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