

# How to Cook the Perfect Steak

## Before Cooking

Only buy steaks of even thickness. Steaks should be at least 21 mm thick. Always defrost steaks in fridge if frozen. If using a pan, it should be heavy based. Heat pan or BBQ to temperature before putting steaks on. There should always be plenty of sizzle when cooking steaks

## During Cooking

Test when to remove from heat by using the back of tongs or meat thermometer. Piercing the steak with fork will dry out the steak. Salt beef after cooking or browning. Salt draws out moisture and inhibits browning.

## After Cooking

Position steaks in a warm place or remove from heat and cover with foil to allow rest for 3-5 minutes.



**Rare**

Cook for a few minutes per side

Turn only once

Cook steak until it feels "very soft" with back of tongs or  
Internal temperature approx. 120 °F



**Medium Rare**

Cook on one side until moisture is pooling on top surface

Turn only once

Cook on second side until moisture is visible

Cook steak until it feels "soft" with back of tongs or  
Internal temperature approx. 135 °F



**Medium**

Cook on one side until moisture is pooling on top surface

Turn only once

Cook on second side until moisture is visible

Cook steak until it feels "springy" with back of tongs or  
Internal temperature approx. 140 °F



**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

Cook steak until it feels "very firm" with back of tongs or  
Internal temperature approx. 160 °F