

Steak cooking guide

We do our utmost to look after your beef all the way from gate to plate. However there is a duty placed on the cook to take equal care too!! Here we give you a guide as to how to make the best of your meat when you are cooking.

1. Preparing your steaks

Roughly two hours before you are ready to start cooking, remove your steaks from the vacuum bag (if you have stored them in your deep freeze, remember to defrost them first!) and place them on a plate, removing them from the fridge ½ an hour before cooking to come up to room temperature.

2. Get your pan hot!

To cook your steaks, you need to have a very hot pan with a little olive oil in it. We would recommend using either a griddle or a frying pan rather than a grill. When you are sure that it is hot, then you can gently place your steaks into the pan being careful of any hot oil that may spit.

3. Cooking your steak

So how long do you cook your steaks for? Well it all depends on how rare you like them to be. Cook each side but try not to handle the steak too much so minimise the number of times you turn it. Remember to allow your steak to rest before serving – just pop them on a rack under some tin foil in a warm place. The timings below are based on a 1" thick steak and the pan being as hot as you dare!

Blue – The steak should be seared for 1 to 2 minutes on each side and rested for 6 minutes. It will feel spongy with no resistance.

Rare – The steak should be seared for 2 1/2 minutes on each side and rested for 5 minutes. It will feel soft and spongy with slight resistance.

Medium Rare – The steak should be seared for 3 to 4 minutes on each side and rested for 4 minutes. It will feel fairly spongy and soft and slightly springy!

Medium – The steak should be seared for 4 minutes on **each** side and rested for 3 minutes. It will feel firm and springy!

Medium Well – The steak should be seared for 5 minutes on each side and rested for 2 minutes. It will feel fairly spongy and soft and slightly springy!

Well Done – The steak should be seared for 6 minutes on each side and rested for 1 minutes. It will feel fairly spongy and soft and slightly springy!

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