



HOW TO COOK THE PERFECT STEAK

Before cooking

- Only buy steaks of even thickness, not 'wedge shaped'.
- Steaks should be at least 21mm thick.
- Always defrost steaks in fridge if frozen.
- If using a pan, it should be heavy based.
- Heat pan, grill or BBQ to hot before putting steaks on.
- There should always be plenty of sizzle when cooking steaks.

Cooking very thick steaks

- Brown all sides in a hot pan.
- Slightly reduce heat and cook as required.

The best beef tip of all – buy beef that is graded by Meat Standards Australia, it's guaranteed to be tender.

Cooking Test when to take out of the pan by using the back of the tongs or a steak thermometer to measure the temperature in the middle of the steak. Do not poke, prod or pierce as this will dry out the steak.

After cooking Position steaks in a warm place, or cover with foil and rest for 3-5 minutes.
Practice Makes Perfect



Rare

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



Medium Rare

- Cook on one side until moisture is just visible on top surface.
- Turn only once.
- Cook on other side until surface moisture is visible.
- Cook until steak feels 'soft' with back of tongs.
- Internal temperature approximately 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 approximately 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 approximately 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 approximately 75°C.

PREPARATION AND COOKING TECHNIQUE

GRILL



Products that are displayed with this symbol are suitable for Pan Fry or Grill (BBQ). The product when prepared must be sliced between 21mm and 25mm thick.



ROAST



Products that are displayed with this symbol are suitable for Roasting. The degree of doneness can be measured by the internal temperature eg: Rare = 35°C, Medium rare = 45°C, Medium = 55°C, Medium well = 65°C, Well done = 75°C. Once the roast has been removed from the oven allow to rest for 10 minutes.



STIR FRY



Products that are displayed with this symbol are prepared into strips and should be approximately 6mm in width and depth, and approximately 75mm in length.



SHABU-SHABU



Products that are displayed with this symbol should be prepared by cutting the product 2mm thin. The best result for this is to chill the product and cut on a slicing wheel.



CASSEROLE



Products that are displayed with this symbol should be cooked in a sauce or gravy on low heat for approximately 2 hours. The product is prepared in 20mm cubes.



CORN



Products that are displayed with this symbol are suitable for corning. The product is corned using a cure of the value adder's choice and is prepared by a slow wet cook.

