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HOW TO COOK THE PERFECT STEAK

Want to cook your steak perfectly?

Start by purchasing a premium quality steak from The Meat Market and follow these guidelines for steak satisfaction:

RARE

Cook for a few minutes per side, depending on thickness.

Turn once only

Cook until steak feels very soft with back of tongs

A meat thermometer will show the internal temperature of a rare steak at 35C

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

Steak will be cooked to medium rare when it feels soft with back of tongs

A meat thermometer will show the internal temperature of a medium rare steak at 45C

MEDIUM

Cook on one side until moisture is pooling on top surface

Turn once only

Cook on second side until moisture is visible

Steak will be cooked to medium when it feels springy with back of tongs

A meat thermometer will show the internal temperature of a medium steak at 55C

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

A meat thermometer will show the internal temperature of a medium-well steak at 65C

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

A meat thermometer will show the internal temperature of a well-done steak at 75C

www.themeatmarket.com.au