



Killarney Abattoir
Queensland owned - Country grown

How to cook a great steak

HOW TO COOK A GREAT PAN OR BBQ STEAK

BEFORE COOKING

- Only buy steaks of even thickness, not 'wedge shaped'
- Steaks should be at least 20mm thick
- Always defrost in the fridge
- Pans should be heavy based
- Heat pan or grill to hot before putting steaks in
- See below for full steak 'done-ness' instructions

COOKING VERY THICK STEAKS

- Brown all sides in a hot pan
- Slightly reduce heat and cook as required
- Test desired 'done-ness' using back of tongs or steak thermometer to measure middle temperature (see below)

Rare

- Cook for a few minutes per side (depending on thickness)
- Turn once only
- Cook until steak feels 'very soft' with back of tongs.
- Cook to an internal temperature of approximately 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.
- Cook to an internal temperature of approximately 45°C

Medium

- Cook on one side until moisture is pooling on top surface
- Turn once only
- Cook on other side until surface moisture is visible.
- Cook until steak feels 'springy' with back of tongs.
- Cook to an internal temperature of approximately 55°C

Medium Well

- Cook on one side until moisture is pooling on top surface
- Turn once only
- Cook on other side until moisture is pooling on the surface.
- Reduce heat slightly and cook until steak feels 'firm' with back of tongs.
- Cook to an internal temperature of approximately 65°C

Well Done

- Cook on one side until moisture is pooling on top surface
- Turn once only
- Cook on other side until moisture is pooling on the surface.
- Reduce heat slightly and cook until steak feels 'very firm' with back of tongs.
- Cook to an internal temperature of approximately 75°C

After Cooking

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

Remember this is only a guide only & practise makes perfect!

