

HOW TO COOK THE PERFECT STEAK

From the Butchers Q Guild.

Get the most out of
your steak, just follow the
instructions here...

Note: Timings are approximate -
based on 1" thick rib eye or sirloin
steak, pan fried. The pan should be as
hot as you dare. Internal temperature
will depend on the temperature
before cooking.

The above information is a general guide only and the
Butchers Q Guild accepts no responsibility if steak is
under- or over-cooked.



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7 HULL ROAD, ANLABY,
EAST YORKSHIRE HU10 6SP TEL: 01482 657497



Blue – seared outside, 1 minute each side,
ensure all edges are sealed.
100% red centre.
Internal temp: 10-29°C.
Should feel spongy with no resistance.

Rare - seared outside, 2 1/2 minutes each side.
75% red centre.
Internal temp: 30-51°C.
Should feel soft and spongy with slight
resistance.

Medium Rare - seared outside, 3-4 minutes each side.
50% red centre.
Internal temp: 57-63°C.
Should feel fairly soft, fairly spongy and slightly
springy.

Medium - seared outside, 4 minutes each side.
25% pink centre.
Internal temp: 63-68°C.
Should feel fairly firm and springy.

Medium Well - 5 minutes each side.
Slight hint of pink.
Internal temp: 72-77°C.
Should feel firm with a slight spring.

Well Done - 6 minutes each side.
100% brown throughout.
Internal temp: 77 °C+.
Should feel very firm and will spring back
quickly.

STEAK

Our steaks are hung and matured for extra flavour and tenderness