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[www.cullensbutchers.com](http://www.cullensbutchers.com)

## **FIVE STEPS TO COOKING**

### **THE PERFECT STEAK AT HOME**

1. Take steaks out of the fridge 30 minutes before cooking to allow to come to room temperature. Heat your griddle or frying pan over a high heat, until smoking hot.
2. Lightly brush the steak with a little olive oil and season with sea salt and freshly ground black pepper just before cooking. (You can also add some fresh rosemary)
3. Don't griddle more than two steaks at a time, and keep them spaced well apart. If you add more than two steaks to the pan at once, the temperature will drop and the steak will stew, rather than fry.
4. Don't turn the steaks until good seared markings are achieved, then turn them over and cook on the other side (see timings, below).
5. Let the steak rest for about 5 minutes (in tinfoil) before serving, to allow the juices that have been drawn to the surface to relax back into the meat.

#### **HOW LONG TO COOK A STEAK FOR**

Rare: 1½ minutes each side

Medium rare: 2 minutes each side

Medium: 2¼ minutes each side

Medium-well done: 2½ - 3 minutes each side.