How to cook steak…



For all steaks I advise the following guidelines:

1. Bring your steak to room temperature by taking it out of the fridge for around 1 hour before cooking
2. Use a heavy based frying pan
3. Get your pan hot before cooking, you should see a haze, but it shouldn’t be smoking
4. Oil your steak not your pan. Rub your steak with some good quality rapeseed oil and season well with salt and pepper before cooking. You can season your steaks in advance whilst they are coming to room temperature
5. The cooking timings below are approximate guide and will vary depending on the temperature to begin with and the thickness of the steak, I recommend using a thermometer in the central thickest part of the steak to gage the internal temperature whilst cooking to ensure that the steaks are cooked to your liking.
6. The internal temperatures of the meat steaks below are slightly lower than what it should be. As the steaks rest they will increase in temperature slightly to come to the perfect temperature.

7. A minute before the end of cooking add a knob of butter, a few sprigs of thyme or rosemary and some garlic. For smaller steaks just use one clove of garlic crushed in its skin, for larger steaks such as the tomahawk use half a bulb of garlic and put it on top of the steak before it goes in the oven. Baste the steak with the butter whilst it cooks for the remaining time.
8. Steak should be cooked evenly on both sides with a nice caramelised crust
9. Make sure to rest your steaks for 5 minutes before serving
10. Serve with a delicious sauce or the resting juice

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Fillet steak (for a 3.5cm thick steak)

Cooking doneness	Timing	Internal temperature
Rare	2.15 minutes each side	49c
Medium-rare	3.15 minutes each side	54c
Medium	4.30 minutes each side	57c
Well	5.30 minutes each side	68c



Rump (3cm thick steak)

Cooking doneness	Timing	Internal temperature
Rare	1.5 minutes each side	49c
Medium-rare	2 minutes on each side	54c
Medium	2.5 minutes on each side	57c
Well	3.5 minutes on each side	68c



T-bone (3cm thick steak)

Cooking doneness	Timing	Internal temperature
Rare	2 minutes each side	49c
Medium-rare	2.5 minutes each side	54c
Medium	3.5 minutes each side	57c
Well	4 minutes each side	68c



Rib eye (2.5cm-3cm thick)

Cooking doneness	Timing	Internal temperature
Rare	2 minutes each side	49c
Medium-rare	2.5 minutes each side	54c
Medium	3 minutes each side	57c

Well	4 minutes each side	68c



Sirloin (2cm thick steak)

Cooking doneness	Timing	Internal temperature
Rare	1.5 minutes each side	49c
Medium-rare	2 minutes each side	54c
Medium	2.15 minutes each side	57c
Well	4 minutes each side	68c



Tomahawk

Preheat the oven to 230c/210c fan.

Cooking doneness	Timing	Internal temperature
Rare	Pan sear for 2 minutes on each side In the oven for 9 minutes	49c
Medium-rare	Pan sear for 2 minutes on each side In the oven for 13 minutes	54c
Medium	Pan sear for 2 minutes on each side In the oven for 17 minutes	57c
Well	Pan sear for 2 minutes on each side In the oven for 21 minutes	68c

Credit and thanks to all:

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