

Cooking the Perfect Steak

There are many different ways to cook the perfect steak, much of it will come down to personal preference, the time and equipment you have available to you. These are a few ways we recommend cooking a steak to get the perfect balance between juiciness and flavour.

Grilling or Pan Frying

Pros: fastest method, delicious if executed well

Cons: less precise, skill required to achieve a perfect result, hard to replicate outcomes exactly

The classic method for cooking your steak, could be cooked in a pan, on a BBQ or over charcoal.

Sous Vide

Pros: most precisely and evenly cooked centre (edge to edge doneness), best for consistency

Cons: long cooking time, requires specific equipment

Sous vide involves vacuum sealing you steak, cooking it for upwards of an hour in temperature controlled water, then finishing it off with a sear.

Other tips:

- You're going to want a high smoke point fat such as **tallow, lard, ghee, avocado oil, sunflower oil, peanut oil or canola oil**
- Salt your steak just before cooking, but leave the **pepper for after** the cook as it can burn or become bitter
- You will want to take the steak out of the fridge before cooking and bring it up to **room temperature** to achieve a good crust and consistent cook
- Make sure your pan or grill is piping hot to achieve the perfect crust. **Oil your steak** and not your pan to avoid flare ups or spitting oil.
- **Rest your steak** somewhere warm after cooking, for a minimum of half the cooking time, with the exception of reverse searing and sous vide, to retain the juices in the steak.

Reverse Searing

Pros: relatively easy, very little resting required before serving, accurate if using a thermometer, achieves a better crust than sous vide

Cons: less precise and takes a longer time than sous vide

Slowly achieving a desired internal temperature in an oven or smoker, then finishing with an aggressive sear in a hot pan or on a hot grill.

Oven Roasting

Pros: relatively easy

Cons: less precise than grilling or sous vide

Searing first in a hot pan, then finishing slowly in the oven.

	Remove from heat at this temperature	Final cooked temperature
Rare	38°C	40°C
Medium Rare	45°C	48°C
Medium	52°C	50°C
Medium Well	62°C	65°C
Well Done	68°C	70°C