



Cooking the perfect steak!

Choose a steak that is well-marbled, marbling does not significantly increase the calorie-count but does greatly enhance the flavour and tenderness. As the meat cooks the fat melts keeping the meat tender and moist while infusing the meat with flavour.

1. Brush the steak with a little vegetable oil and season on both sides with salt and pepper.
2. Place the steaks in a hot grill pan, use a ridged pan if you wish to have a diamond pattern on your steak. After approximately a minute turn 90 degrees if you are using a ridged pan.
3. Turn your steak over and repeat on the other side until the steak is cooked to your liking.

As a rule of thumb the cooking times for a 1 inch thick steak over a medium-high heat are as follows:



Rare – 2 minutes per side. The steak will feel soft and spongy.



Medium rare – 3 minutes per side. The steak will have a springy firmness.



Medium – 4 minutes per side. The steak will still have a little spring.



Well done – 5 minutes per side. The steak will feel firm.

Still unsure and want to watch someone else cook a steak and some chunky chips to go with it? Try the following link:

http://www.bbc.co.uk/food/get_cooking/videos/002.shtml

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