

HOW TO COOK THE PERFECT STEAK

- 1 BRING STEAK TO ROOM TEMPERATURE
- 2 PREHEAT PAN OR BBQ TO HOT
- 3 DRIZZLE STEAK WITH OIL AND SEASON WITH SALT AND PEPPER



WELL DONE

5-6 mins per side,
rest for 6 mins



MEDIUM WELL

3½ mins each side,
rest for 5 mins



MEDIUM

3 mins each side,
rest for 4 mins



MEDIUM RARE

2½ mins each side,
rest for 4 mins



RARE

2 mins each side,
rest for 2 mins

