



TIPS • ADVICE • COOKING TIMES

How to cook the perfect Steak



Blue



Medium



Rare



Medium Well



Medium Rare



Well Done

Note: Timings are approximate - based on a 1" thick rib eye or sirloin steak, pan fried. The pan should be as hot as you dare. Internal temperature will depend on the temperature before cooking. This leaflet is a guide only and your Scottish Craft Butcher accepts no responsibility if steak is under or over cooked.

Blue

Seared outside, 1 minute each side, ensure all edges are sealed. 100% red centre. Internal temp: 10-29°C. Should feel spongy with no resistance

Rare

Seared outside, 2½ minutes each side. 75% red centre. Internal temp: 30-51°C. Should feel soft and spongy with slight resistance.

Medium Rare

Seared outside, 3-4 minutes each side. 50% red centre. Internal temp: 57-63°C. Should feel fairly soft, fairly spongy and slightly springy.

Medium

Seared outside, 4 minute each side. 25% red centre. Internal temp: 63-68°C. Should feel firm and springy.

Medium Well

5 minutes each side Slight hint of pink. Internal temp: 72-77°C. Should feel firm with a slight spring.

Well Done

6 minutes each side. 100% brown throughout. Internal temp: 77°C+. Should feel very firm and will spring back quickly.



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