



Complete Guide to Cooking the Perfect Steak

Step 1 : Choose the right steak

- Good options: ribeye, sirloin or fillet.
- Ask for 2–3 cm thickness for easy timing and best results. Good marbling (thin white streaks) gives more flavour.

Step 2 : Bring to room temperature

- Remove steak from the fridge 30–60 minutes before cooking. Pat dry with kitchen paper.

Step 3 : Season

- Generously season both sides with coarse salt and pepper just before cooking.
- You can add a light brush of oil to the pan if not well-seasoned.

Step 4 : Prepare for Cooking

- Use a heavy skillet (cast iron) for best crust, or hot grill for a smokier flavour.
- Preheat pan or grill until very hot (pan should be smoking lightly).
- Sear on a high heat for a short time
- Add a little high-smoke oil (rapeseed, vegetable) to the pan.
- Place the steak down and do not move it for a good sear.

Step 5 : Suggested searing times (use these as starting points; adjust for thickness):

- 2 cm / ¾ in steak: 2–3 minutes per side for medium-rare.
- 3 cm / 1¼ in steak: 3–4 minutes per side for medium-rare.
- (If you like it rare or well-done, shorten or lengthen by ~1 minute per side.)
- Optional — baste for extra flavour. In the last 60–90 seconds of searing, add 20–30 g butter, a smashed garlic clove and a sprig of thyme/rosemary to the pan. Tilt pan and spoon melted butter over the steak repeatedly.

Step 6 : Check internal

- Insert an instant-read thermometer into the thickest part:
- Rare: 48–52°C (118–125°F)
- Medium-rare: 55–57°C (131–135°F) ← recommended for most steaks
- Medium: 60–63°C (140–145°F)
- Well-done: 68–72°C (155–160°F)

Step 7 : Rest the steak

- Transfer steak to a plate or board and rest loosely covered with foil for 5–10 minutes (small steaks 5 min, thicker 8–10 min). This lets juices redistribute.

Step 8 : Slice and serve

Slice against the grain for maximum tenderness. Serve immediately.

Quick Troubleshooting & Tips

- If the Steak sticks to the pan, then the pan wasn't hot enough. Reheat and try again.
- Want a better crust? Dry the steak really well and use a screaming hot pan.
- Fat around the edge? Sear it upright on its edge for 20–30 seconds to render.
- Salt timing: salting the steak 30–60 minutes before cooking draws moisture that's then reabsorbed. Alternatively, seasoning just before cooking is also good.

