



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.



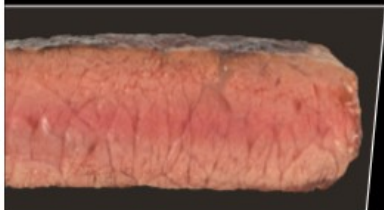
Medium Rare

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.

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 the Q Guild Butchers accepts no responsibility
if steak is under or over cooked.

a Masterclass in Meat...

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