



HOW TO COOK THE PERFECT STEAK



MAKE SURE YOUR STEAK IS A SIZZLING, SUCCULENT SUCCESS!

A simple-to-follow guide from your Q butcher.

The Q stands for quality. As members of the prestigious
Guild of Q Butchers, quality is our watchword.

We source only the best of prime quality beef... reared to
assured standards and matured to bring out mouth-watering
taste and flavour. That means our steaks are perfect...
a treat to enjoy however you like it, rare or well done.

To make sure you get the most out of your steak, just follow
the instructions on the reverse of this leaflet.

ENJOY!



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...

- www.qguild.co.uk -

