

# THE STEAK Masterclass



Remove the steaks from the fridge at least 1 hour before cooking and bring up to room temperature.

- Brush both sides of the steak with oil.
- Season on both sides with salt and freshly milled black pepper or a prepared dry rub.

Serve simply with salad or add a gourmet sauce for a touch of luxury. Here are some simple guidelines to ensure that you will cook the perfect steak every single time.



This guide is for cooking a steak approx 2cm ( $\frac{3}{4}$ " ) thick

- Ensure the pan/griddle/grill is VERY HOT before starting to cook.
- Place the oiled steak into a hot pan or onto a hot griddle/grill and listen for the sizzle as it hits the hot surface. This process seals the juices and succulence into the steak.
- Cook the first side for 4 minutes without touching the meat.
- Using tongs/spatula gently turn the steak over to cook the other side for the same amount of time.
- Remove steak from the pan to a warm plate. Cover and leave for a few minutes before serving.



Fillet steak



Club steak



Bistro rump steak



Rib-eye steak



Further recipe ideas can be found at [www.qguild.co.uk](http://www.qguild.co.uk)