

COOKED TO PERFECTION

YOUR GUIDE TO COOKING THE PERFECT SCOTCH BEEF STEAK



Sirloin



Tasty and tender, a classic served with chunky chips.

Griddle a plain sirloin steak, season both sides and serve with chunky chips and tomatoes. Alternatively, serve with a creamy peppercorn sauce or make a peppered steak.

Fillet



Lean and tender, meltingly soft to taste.

Best cooked in a very hot frying pan with a little oil, salt and pepper. Dress it up with a sauce or simply serve with mustard, chips or roasted root vegetables.

Rump



Also known as Popeseye, this cut is full of flavour, marinate and grill for perfect results.

Marinate for a few hours, overnight if possible, in Worcestershire sauce and garlic then simply cook – grill, griddle or fry and serve with mash.

Minute



Quick, versatile and very tasty – the original fast food.

Make a steak sandwich in minutes by serving in a fresh baguette with ketchup or mustard and salad leaves. Alternatively, minute steak with onion rings, grilled tomatoes and crusty bread is a quick and satisfying meal.

Ribeye



The chef's favourite, well marbled, tender and flavoursome.

The classic French sauce, shallot and red wine, is perfect with a rib-eye steak. It compliments the meat perfectly.



Remove steaks from the fridge at least 15 minutes before cooking as this will enhance their tenderness after cooking. Always preheat the grill or pan before starting to cook the steak. If frying, add a small amount of oil (5ml/1tsp) to the pan. Try using groundnut oil as an alternative to other oils as it can withstand high temperatures without burning.

Don't over handle the steak. Try to limit the turning to only once - halfway through cooking. Finally, allow the meat to rest for 3 minutes after cooking.

RARE

Seared outside
2¹/₂ mins each side
75% red centre
Internal temp: 30–51°C



MEDIUM/RARE

Seared outside
3-4 mins each side
50% red centre
Internal temp: 57–63°C



MEDIUM

Seared outside
4 mins each side
25% pink centre
Internal temp: 63–68°C



MEDIUM/WELL

5 mins each side
Slight hint of pink
Internal temp: 72–77°C



WELL DONE

6 mins each side
100% brown throughout
Internal temp: 77°C+



Timings are approximate – based on a 1" thick sirloin steak, pan fried.

For detailed cooking times for Scotch Beef, Scotch Lamb and Specially Selected Pork download our free mouth-watering "Perfect Steaks and Roasts" app for iPhone, iPod Touch and Android.



For more delicious recipe ideas with Scotch Beef, simply visit: www.scotchbeefandlamb.com

