



The Butcher's Guide on How to Cook the Perfect Steak

Don't	Do
<ul style="list-style-type: none"> ✗ Buy any old piece of meat 	<ul style="list-style-type: none"> ✓ Buy the best quality steaks you can afford. Consider also the thickness of the steak. A 2-3 cm-thick piece is perfect for a medium-rare steak
<ul style="list-style-type: none"> ✗ Turn the bbq on and hope that the heat will kill the germs 	<ul style="list-style-type: none"> ✓ Clean your Barbie after you cook on it by scraping off the leftover meaty bits and fat with a clean bbq spatula. Then remove and wash the hotplate with warm soapy water and rinse clean. Wash it again before you use it them next time
<ul style="list-style-type: none"> ✗ Pour plenty of oil all over the hotplate 	<ul style="list-style-type: none"> ✓ Pour oil on a plate, season the steaks with salt and pepper and dip both sides of the steak into the oil before you cook it. Pouring oil over the hotplate will just give you lots of burnt oil
<ul style="list-style-type: none"> ✗ Pull the steaks straight out of the fridge and throw them on the hotplate 	<ul style="list-style-type: none"> ✓ Ensure that the meat is taken out of the refrigerator in time for it to return to room temperature prior to cooking. If the meat is cold when it hits the bbq the outside will cook but the middle will still be raw
<ul style="list-style-type: none"> ✗ Start cooking whilst the hotplate is still warming up 	<ul style="list-style-type: none"> ✓ Make sure the hotplate is hot when the meat goes no or it will stick like glue
<ul style="list-style-type: none"> ✗ Turn the steak and keep turning it 	<ul style="list-style-type: none"> ✓ Turn the steaks only once! If you keep turning them, the outsides don't get to seal and caramelize, and you get pale, tough and dry meat
<ul style="list-style-type: none"> ✗ Put the steaks back on the same plate that the uncooked meat was on 	<ul style="list-style-type: none"> ✓ Put the steaks on a clean plate when they are cooked, not the one with raw meat juices on it
<ul style="list-style-type: none"> ✗ Serve them straight away 	<ul style="list-style-type: none"> ✓ Rest the meat before it is served. Loosely cover the meat with foil and allow to rest for at least 5 minutes to allow all the juices to settle back into the fibres of the meat instead of running all over your plate

