

How to Cook The Perfect Steak

By

Chef Adrian Richardson of “

Choice of steak is personal

Soft Steak - Eye Fillet – suitable for young children

Robust – Rump or Rib Eye

Method

Get the steak out of the fridge a good 10 minutes before to bring it to room temperature. E.g. on a 35 degree day a couple of minutes is enough, but during the winter anything up to 30 minutes.

Turn on the grill, BBQ or frying pan on to heat up.

Salt and pepper on both sides with a little bit of olive oil.

Depending on the thickness of the steak turn every minute, minute and a half, but take off the heat to turn.

Minute steak turn once.

When cooked rest for half the cooking time, this will keep the juices in the meat and not on the plate when you cut it. This also applies to cooking roasts.