

# How to Cook Your Perfect Steak

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Get the steak out of the fridge and allow it to come up to room temperature about one hour before cooking – frying or grilling it from cold will stop the heat from penetrating to the middle as efficiently. You also need to make sure your pan, griddle or barbecue is super hot before you begin – this will help to caramelise the meat, essential for a delicious crust. Remember to rub the steak all over with a good glug of olive oil and a good pinch of sea salt and black pepper before you throw it on the pan.

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## **Blue:**

Should still be a dark colour, almost purple, and just warm.

It will feel spongy with no resistance.

1½ minutes each side

## **Rare:**

Dark red in colour with some juice flowing.

It will feel soft and spongy with slight resistance.

2¼ minutes each side

## **Medium-rare:**

A more pink colour with a little pink juice flowing.

It will be a bit soft and spongy and slightly springy.

3¼ minutes each side

## **Medium:**

Pale pink in the middle with hardly any juice flowing.

It will feel firm and springy.

4½ minutes each side

## **Well-done:**

Only a trace of pink colour but not dry.

It will feel spongy and soft and slightly springy.

5½ minutes each side