



How to Cook the Perfect Steak

Win the heart of your friends and family by cooking the perfect steak!

Serves: 1

Prepare: 5 Minutes

Cook: 3 Minutes

Difficulty: Easy

Ingredients

- [1 organic beef steak](#)
- 1tbsp olive oil
- 1tsp salt

Method

Whether your preference is a buttery soft fillet, tasty sirloin, characterful rump, or a thrifty bavette steak, pay respect to these quality cuts of meat and cook it perfectly. Here are a few tips from us:

1. When shopping, pick a steak that has the characteristics you are after. What sort of eating sensation are you looking for? If you want something super tender with very little fat why not have a fillet. Like fat? Well, if you like intramuscular fat opt for a rib-eye if you are wanting to be able to crisp it up in the pan, go for something with a side of fat, like sirloin or picanha. For something a little tougher, but that exploded with flavour at every bite, rump might be the steak for you. There are plenty of options to choose from, so do a little bit of research before you buy.
2. Invest in a decent pan. A thick based frying pan or skillet, ideally with a non-stick coating will help you achieve good results.
3. Oil and season your steak, not the pan. That way you can rub just the right amount over your steak, ensuring your steak won't be greasy. You can also get your pan piping hot before any oil hits the surface, so you won't smoke out your kitchen.
4. Give each type of steak an appropriate amount of cooking. For example, nearly everyone here at The Organic Butchery likes their fillet steak blue to rare, however, if we are having a rib eye, it eats better once the fat has rendered a little, so a medium-rare result is best (in our opinion!).
5. If you are adding butter (for a devilishly creamy finish), add it at the very end of the cooking process. If added too early it will burn and you risk making your steak taste slightly bitter.

6. If you are cooking a steak with a side of fat, such as a sirloin or picanha, using a pair of tongs hold it on its side and cook purely on the thin side on fat for a minute or two until it begins to soften and melt. Then continue to cook on either side as per the times in step seven.

7. Cooking times - slightly controversial as each steak will cook in slightly different times, however, a rough guide is as follows:

- Blue: 1 minute on either side
- Rare: 1.5 minutes on either side
- Medium Rare: 2 minutes on either side
- Medium: 2.5 minutes on either side