



★ **THE** ★ **PERFECT** ★ **STEAK** ★ **COMPANY** ★

*Signature steaks by **You!**[™]*

Preparation Checklist



PREPARATION CHECKLIST

The Perfect Steak Preparation Checklist

Being organised is one of the keys to cooking The Perfect Steak. Use this checklist to make sure you've got all the tools you need to start cooking

WHAT YOU'LL NEED	
❖ Butter	❖ Natural Salt flakes
❖ Timer	❖ Paper towel
❖ Tea spoon	❖ Wastepaper bin
❖ BBQ, cast iron pan or grilling surface	❖ Quality steak
❖ Knife	❖ Warm place to rest the cooked meat
❖ Metal Spatula	❖ Basting brush
❖ Grapeseed oil	❖ Small saucepan
❖ Your Grill Guide	❖ Large plate

Quick Preparation Tip 1: Check what everyone else is doing **before** putting the steaks on to cook. You don't want to be waiting around for other dishes to cook when its time to serve up your steak.

Quick Preparation Tip 2: Take the steaks out of the fridge well in advance. The meat needs to be at room temp to cook through evenly.

Quick Preparation Tip 3: Ask everyone in advance exactly how they'd like their steaks cooked. Once you know you can cook each steak to taste. We've found it works well to position the Rare steaks closest to you on the grill and steaks that require more cooking toward the top of the grill. That way there's less leaning over. If you're cooking multiple steaks, it helps to write the timings on a piece of paper.

To get the full story pickup a copy of our best selling Book **BESTSELLER**
"How to Cook the Perfect Steak"

"The best book I've ever read on how to cook steak"- Peter Maden, Chef.

Cooking steak perfectly means understanding **The 3 BIG T's** of cooking Steak: **Timing, Temperature and Thickness.** Understanding how each of these affects the overall cooking time is critical to achieving the perfect outcome.

Medium Rare: The outside of the steak has been seared and a crust has formed. The meat has started to cook through but fully 50% + of the centre is pink and melting.

