

★ **How To Cook The Perfect Steak** ★ ¹
- **Complimentary Book Extract** -

How To Cook The Perfect Steak

★ **Complimentary Book Extract** ★



★ **THE PERFECT STEAK COMPANY** ★

*Signature steaks by You!*TM

★ How To Cook The Perfect Steak ★ ² - Complimentary Book Extract -

The 3 BIG "T's": Time, Temperature & Thickness

These are the three mission-critical factors you need to understand and manage when cooking The Perfect Steak.

1. The *Time* to cook the steak for,
2. The *Temperature* of the grill surface &,
3. The *Thickness* of the meat.

Managing The 3 Big "T"s really isn't that hard. The timings are



given to you in the Timing Chart so you'll be easily able to see that if you're cooking a 1" steak, the time it's going to take to get it to say Medium-Rare is seven minutes. If you want the

steak medium, just leave it on for another minute. As you begin to master these grill-skills they'll start become second nature. You'll automatically wait until the grill surface is up to the right temperature before you begin cooking. You'll start buying steaks sliced by your butcher to the exact thickness you prefer and you'll

★ THE ★ PERFECT ★ STEAK ★ COMPANY ★

Signature steaks by *You!*TM

★ How To Cook The Perfect Steak ★ ³ - Complimentary Book Extract -

intuitively remember to push 'start' on your timer each time you begin cooking.

Let's cover each one in a little more detail.

Time: You're going to need some sort of timer to cook your steak perfectly. This is because we're cooking our steak literally 'to the second' and there isn't any room for guessing. If we're using the Twist & Turn method then we'll be adjusting our steak three times during the process and we need to accurately monitor the time for each twist and turn.

If you're considering buying a timer there are two main types, timers which count-up and timers which count down. I recommend you purchase a count up timer, that is one which starts at zero and counts up in seconds. That way you'll be able to easily see when you're at [two minutes] and a twist is coming up. With count down timers you first set the timer to say 7 minutes, push start and it begins counting down to

"There are two main types of timers, those which count-up and timers which count-down. I recommend you choose a count-up timer"

zero. This way is more difficult to manage because you have to do the math in order to work out when to turn. If the first twist is at 2 minutes then you need to calculate $7-2 = 5$ and so on. It doesn't sound like such a big deal but when you're cooking multiple steaks and some are being cooked to medium and some



★ **How To Cook The Perfect Steak** ★ 4 - **Complimentary Book Extract** -

to medium-rare it becomes just one more thing you need to manage.

A word about Apps & pre-set steak timers: I've tried most of the steak timing apps on the market and to tell you the truth, I've been disappointed in every one I've tested. The main reason is because they don't offer the flexibility to adjust the timings. To cook a 1" steak to medium-rare for example some apps tell you the timing is 4 minutes whilst others tell you to leave the meat on for 6 minutes. Most give you a "beep" when it's time to turn but the issue is that if you're grill surface temp isn't synced to their timings then you're going to be turning at the wrong time. I used one app which allowed me to set different timings for different steaks which was great and I'd love to be able to recommend it to you here but unfortunately, the timings in my experience were way out. I tried mentally adding 30 seconds onto each turn but in the end it just became too confusing and I gave it away.

Let me say this to you and it is a theme which runs right through this entire book; "Cooking the perfect steak is as much an art as it is a science". I've cooked over 1000 steaks to write this book and calculate all the timings for you but, at the end of the day being a great [Steak] chef comes down to judgment and experience. Let me give you an example; I've found that if you're grilling a steak on the bbq on a cool day it will take just that little bit longer for the meat to cook through than if you're cooking it on a hot day.

"Cooking the perfect steak is as much an art as it is a science"

★ **THE PERFECT STEAK COMPANY** ★

Signature steaks by You!™

★ How To Cook The Perfect Steak ★ 5

- Complimentary Book Extract -

Likewise, if a breeze is blowing, this influences the overall cooking time and these are things you are simply going to have to take into account.

The system this book presents for cooking steak perfectly is as scientific as it can possibly get. You're given all the numbers, all the temperatures and timings right down to the second for when to twist, turn and remove the meat to get it exactly to how you love it, your *signature* steak, but, at the end of the day you are going to need to use your judgement, and over time, your experience, to go from *good* to *great*. To become a "perfect-steak rockstar" famous in your family and throughout your circle of friends for cooking the best steaks they've ever tasted is going to take a little practice. My job is to give you every advantage to accelerate that process!

Temperature: This is another biggie and it's one where most people basically guess if and when their grill is hot enough. There is a much better and simpler way to manage the temperature of your grill and that is with a Grill-Surface Thermometer. These are a fantastic little device which you simply sit down on the actual grill or pan surface and when the temperature needle comes around to where you want it, (that'd be 400°F or 204°C) you're ready to go. I've used grill surface thermometers on the stove with a frying pan and they work just as well as on the BBQ.



★ THE ★ PERFECT ★ STEAK ★ COMPANY ★

Signature steaks by *You!*™

★ How To Cook The Perfect Steak ★ ⁶ - Complimentary Book Extract -

One of the most misleading aspects of grilling on a BBQ is using the temperature gauge in the hood to measure the temperature of grill surface. If your BBQ has a gauge in the hood, what that is reading is the ambient air temperature under the hood, not the actual temperature of the grill surface! These are two very different measurements. Apart from the fact that we are cooking with the lid opened¹, if you use our method but rely on the temperature gauge in the hood you will end up with the wrong result.

Thickness: Naturally enough, the thicker the cut of meat, the longer it's going to take to cook. That's why we need to know exactly how thick our steak is so that we can cross-reference the thickness with temperature and time.

So in summary to this section, you've measured the thickness of the piece of steak you're about to cook. You've got the grill surface up to the required temperature to correctly grill the meat and you've checked on your Grill Timing Chart how long it's going to take. That's the 3 Big T's, thickness, temperature and timing done – "well-done" in fact, so let's move on!

¹ Our method requires no lid on the pan or hood on the BBQ be used. There are several reasons for this including, 1) We want all the heat to come up from the grill beneath so that we have complete control over it and, 2) We want the meat to caramelize with a dark crust and with the lid closed the meat tends to stew rather than grill and the crust is loses its crunch.



★ **How To Cook The Perfect Steak** ★ 7 - **Complimentary Book Extract** -

The Twist & Turn Method™

When I first started experimenting with this system I called it "The 3 Flip Method". At the time my intent was to achieve two main objectives;

1. To brand the presentation side of the steak with beautiful diamond bar marks and,
2. To develop a system which used minimal intervention whilst the steak was cooking.

Anyone who knows anything at all about cooking steak will have heard that the less you turn the steak whilst cooking it the better and as a steak purist this is a methodology I fully subscribe to. The reason of course for this is that the more you turn the meat, the more juices are lost and the tougher it becomes. If however, cooking The Perfect Steak was as simple as slapping it onto the grill and not touching it until it was cooked then we wouldn't have much more to talk about but the fact is, there's a little more to it than that! Not only do we want the steak to taste amazing which of course is our No 1 priority but, we also want it to look ravishing and resplendent when we serve it. So, back to the grill...



★ How To Cook The Perfect Steak ★ ⁸ - Complimentary Book Extract -

The perfect balance I found was what I initially called “The 3 Flip Method” of cooking steak which I’ve subsequently renamed the *Twist and Turn*² method because this explains the process much more accurately (and I also think it sounds better, [what do you think?](#))

Before I explain how the system works, there’s an important point you need to understand. Twist & Turn really only works when you’re cooking steak on the bar-grills of either a bbq or cast-iron pan. If you’re cooking on a flat plate or

“The videos in the Masterclass Series really help by demonstrating exactly how this works”

in a pan then there is no need to use

“Twist & Turn only works when you’re cooking steak on the bar-grills”

this method as you’ll get minimal additional benefit from it and you should simply stick with the standard method of cooking the steak, that is, cook it for half the time on one side then turn it over and cook it for the

remainder on the other side.

When meat is cooked on the bar-grills you get that great cross-hatch pattern across the surface of meat which is also referred to

² The Twist & Turn method really only applies when we are cooking on bar-grills. Its aim is to essentially brand or sear the presentation side of the steak with diamond-shaped bar marks to enhance the look of the steak when served. If you’re cooking on a flat plate or in a pan without bars there is no benefit in the second flip as you can not achieve the same visual effect.



★ How To Cook The Perfect Steak ★ 9

- Complimentary Book Extract -

as “diamond bar marks” and as far as presenting an amazing looking steak on the plate, you can’t beat it.

Further along I’ll explain the pros and cons of cooking meat on the bar grills vs. cooking meat on a flat plate or pan because there are some distinct advantages to both techniques. At the end of the day it will be your decision as to which method you choose when you’re cooking your signature steak but for now



we’ll get back to explaining exactly how to Twist & Turn your steaks and be a rock-star of the grill. You’ll get a much clearer understanding of exactly how to do this by watching the video in the Masterclass Series I’ve prepared specifically to demonstrate this technique.

So here’s how it works;

- You place the steak on the bar-grills with the top pointing to 10 o’clock.
- When it’s ready, you TWIST the steak so that the top of the steak is now pointing toward 2 o’clock.
- When it’s ready, you then TURN the steak over so that the presentation side (i.e. the side that you’ll serve facing up on the plate) is now to the top.
- When the time is up you remove, rest and serve the steak.



★ How To Cook The Perfect Steak ★ ¹⁰ - Complimentary Book Extract -

This chart gives a good visual of the method.

Twist & Turn		
1. Lay the Steak on the grill with the top facing toward 10 O'clock.	2. TWIST the steak so that the top is now facing toward 2 O'clock.	3. TURN the steak over so the presentation side is now facing up.
		

COMMENT: I've been asked why I don't put bar-marks on *both* sides. The reason is, it's simply unnecessary! You don't see the underside of the steak so why go to all extra trouble of turning it into a work of art. The less intervention we have when cooking steak, the easier it is and the better result we'll end up with.



All the timings for exactly when to twist and when to turn are clearly laid out for you in the easy to read chart with the Grill Guides.



★ How To Cook The Perfect Steak ★ ¹¹ - Complimentary Book Extract -

Selecting Your Oil

Using the right type of vegetable oil to grill steak is another of the secrets to cooking The Perfect Steak. It's is also where a lot of people come unstuck.

The four most common mistakes people make are;

1. Choosing the wrong type of oil
2. Using too much oil
3. Oiling the plate and not the steak
4. Using oil which is out-of-date

Choosing the Right Type of Oil

First off, we need to understand what "Smoke Point" means. Smoke Point is the temperature at which oil starts to burn and give off smoke. At this point the oil goes through a chemical change and the natural flavour of the oil changes. If you want to get technical...³

³ The smoke point generally refers to the temperature at which a cooking fat or oil begins to break down to glycerol and free fatty acids, and produce bluish smoke. The glycerol is then further broken down to acrogenic which is a component of the smoke. It is the presence of the acrogenic that causes the smoke to be irritating to the eyes and throat. The smoke point also marks the beginning of both flavour and nutritional degradation. Therefore, it is a key consideration when selecting a fat for frying, with the smoke point of the specific oil dictating its maximum usable temperature and therefore its possible applications.
– Source: Wikipedia.org



★ **How To Cook The Perfect Steak** ★ ¹² - **Complimentary Book Extract** -

All vegetable oils have different smoke points and that's why we need to choose the right oil for the job. The most popular and well known oil is of course Olive Oil. It's widely used and highly regarded as one of the most versatile and flavoursome of all vegetable oils. When we're grilling steak however, there is a problem with olive oil and that is, its smoke point.

Grilling steak necessitates that we cook at a high heat. To sear the outside of the steak and achieve a dark flavoursome crust on the meat we need to have our grill or pan at 400°F or 204°C. Extra Virgin Olive Oil has a smoke point of around 385°F.

What this means is that it is going to burn and change from its beautiful natural flavour to one which has an unpleasant taste. This means we need to look further for another kind of oil to do the job⁴.

You'd be surprised just how many types of cooking oils there are. Many of them though are quite hard to find and also they are often expensive. After much experimenting and lots of taste tests, my oil of choice is Grapeseed Oil.

There are some very good reasons why I recommend using Grapeseed Oil;

⁴ If you really prefer to stick with Olive Oil, select a Refined Extra Light variety which has the highest smoke point.



★ **How To Cook The Perfect Steak** ★ ¹³ - **Complimentary Book Extract** -

1. It has a high smoke point of approx. 216° C or 420° F
2. It's readily available
3. It's not overly expensive
4. It has a beautiful mild flavour which marries well with meat and doesn't impart an overly strong flavour⁵
5. It refrigerates well

The Smoke Point of an oil also varies depending on whether the oil is refined or unrefined. Essentially what this means is that if an oil is refined, it has been put through a fine filter to remove most of the vegetable matter. An unrefined oil still has some fine particles of the raw plant present.

Therefore, unrefined oil will have a lower smoke point than a refined oil because the vegetable matter will start to smoke and burn at a lower temperature.

This is the same with normal butter verses clarified butter. Clarified butter is the butter which has been melted allowing the different components to separate. The solids are left behind whilst the melted fat floats to the surface and is skimmed off. Clarified butter has a higher smoke point than regular butter in which there remains some 20% milk.

⁵ I'm a steak purist and everything I do is about enhancing the natural flavour of the meat itself.



★ **How To Cook The Perfect Steak** ★ ¹⁴ - **Complimentary Book Extract** -

Don't Over-oil the Meat

The reason we use oil when cooking steak is to lubricate the meat and stop it sticking to the pan or grill. To many people tend to drown the steak in oil before putting it on the grill. This does a couple of undesirable things. Firstly, it imparts an overly strong flavour to the meat and makes the steak taste "oily." Secondly, over-oiling the meat saturates it leading to the meat stewing rather than actually grilling.

Don't use an 'out of date' oil

This is problem which is more common than you'd think. Lots of people go out and buy really top quality oils like extra-virgin olive oil or special gourmet oils like avocado, apricot or sesame, use them once

Here's one of the best steak cooking tips I can give you; store your oil in the fridge or, use it quickly! If you don't you're more than likely going to be cooking with rancid oil

then put them back in the cupboard and save them for the next special occasion. What happens then is that because the oil has been exposed to the air, in a surprisingly short period of time it oxidises and becomes rancid. Because most oils have been highly refined and deodorised, you can't even smell that they've gone off. The result is an unpleasant (and potentially unhealthy) taste to the dish.



★ **How To Cook The Perfect Steak** ★ ¹⁵ - **Complimentary Book Extract** -

There are two simple fixes for this problem;

1. When you open your oil, use it up in a relatively short period of time, (i.e. 2 weeks)
2. Keep it in the fridge sealed tightly in its jar.

Thank you for downloading this extract from the book "How To Cook The Perfect Steak" by Bell Parc. We hope you've enjoyed it and picked up some useful tips. If you'd like to continue reading and get access to the Video Masterclass Series then don't wait another minute; visit [www.theperfectsteak.com.au /bonus-offer](http://www.theperfectsteak.com.au/bonus-offer)

★ **THE PERFECT STEAK COMPANY** ★

Signature steaks by *You!*[™]