

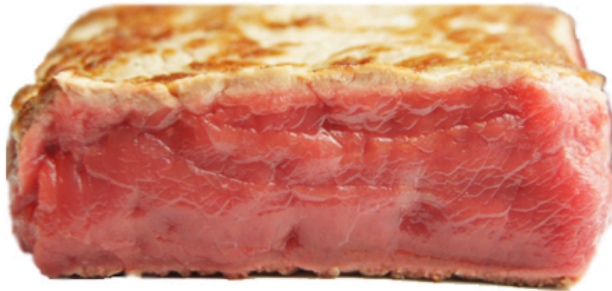


# DONENESS GUIDE

★ THE ★ PERFECT ★ STEAK ★ COMPANY ★

Signature steaks by *You!*<sup>TM</sup>

# DONENESS GUIDE



## BLUE-RARE

Place the steak on a very hot grill. Sear each side for 30 seconds then take it off. Centre will be cold, gel-like & 90% red. Works best with prime-quality cuts.



## RARE

Seared on the outside whilst remaining pink and melting within. 75% redness remains. The center will only just be warm. Very tender & juicy.



## MEDIUM-RARE

Widely regarded as the perfect way to cook steak. Beautiful crust on the outside with a warm center which is still 50-60% blushing pink. Slightly firmer to the touch than Rare.



## MEDIUM

Arguably still the most common way steak is served in restaurants. Some pink remains but the meat is cooked right through. 25% pinkness remains. Meat is firm to the touch.



## MEDIUM-WELL

Just an echo of pinkness remains. As much as 80% of the juice has been cooked out. It's generally considered quite dry. Favored for its dark outer crust.



## WELL-DONE

All pinkness cooked away. Meat has a thick almost crunchy outer crust. Well-done is out of vogue at posh restaurants these days but still surprisingly popular. Note how it has shrunk.

