



DONENESS GUIDE

★THE★PERFECT★STEAK★COMPANY★

Signature steaks by *You!*TM

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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.