

Tips for Cooking Any Steak

To test for doneness, press the meat with your finger. Rare meat will be soft & wobbly, medium will have a spiny firmness and well done will feel very firm and unyielding.

A steak will cook a little after you remove it from the grill or oven, so stop broiling when the steak tests slightly less done than desired.

For great results every time, use an instant read kitchen thermometer. Insert the thermometer into the thickest part of your steak, hamburger or chops away from any bone or marbeling. Thermometer readings should be:

120 - 125 degrees F for Rare

130-135 degrees F for Medium Rare

140-145 degrees for medium

Although steaks are optimun flavor and texture when cooked no more than medium doneness, some people prefer their steaks well done. The internal temperature for medium well steak is 155 degrees F and well done is 160 degrees F.

Keep in mind that overcooking causes greater shrinkage and decreases tenderness.

Turn your steak when the meat juices start to bubble up through the meat to the top of the steak.



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