

# RARE, MEDIUM OR WELL DONE:

## The 6 Stages of Steak Doneness

For a restaurant quality meal at home, steak is a fantastic option. Find out the 6 stages of steak doneness and how to achieve your favourite.

Note: cooking times given for 6-8oz steak with approx. 1-inch thickness

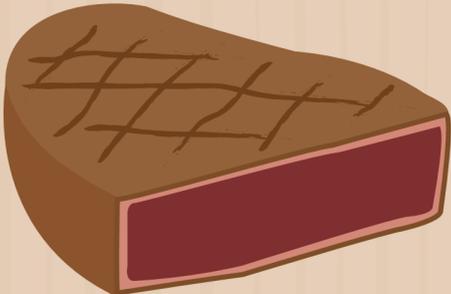
### DID YOU KNOW?

The average Briton eats 17.3kg of beef a year.



### Bleu Steak

2:00 MIN



The trick with a bleu steak is to sear the outside for one minute on either side, and on each edge for just a few seconds.

All but the outside will look raw, but don't worry – it's perfectly edible!

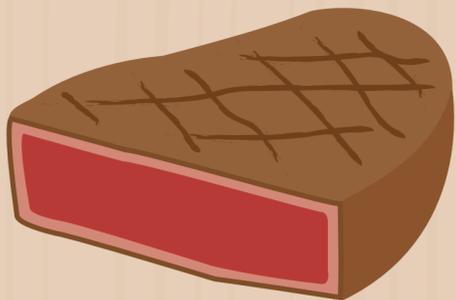
### DID YOU KNOW?

Historically, "bleu" or "blue" steak refers to the French method of cooking "cold" meat, very briefly over intense heat. This achieves a warm "sear" on the outside and a colder inside that is soft, and red in colour.



### Rare Steak

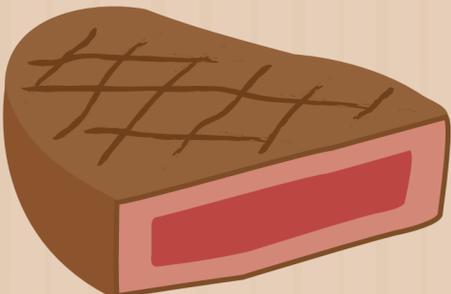
4:00 MIN



For a rare steak, cook both sides for a couple of minutes, and a few seconds on either end. Inside it should be 75% red, and there will still be a bit of blood.

### Medium Rare Steak

7:00 MIN



To achieve the perfect medium rare steak, cook the outside for around 3 1/2 minutes per side. Inside, it will be 50% pink, 50% brown. Delicious.

### DID YOU KNOW?

Even though meat has been grilled since the discovery of fire, steak wasn't popular until the 1950s.



### FUN FACT

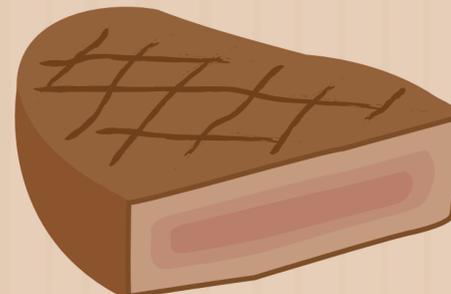
The best wines to pair with steak are red. Cabernet Sauvignon, Malbec and California Zinfandel each have unique notes and flavours that compliment steak in different ways.



Cooking each side of your steak for 4 minutes is the perfect way to get a medium steak. Cut it open, and it will be pale pink on the inside, with just a small amount of juice flowing.

### Medium Well Steak

10:00 MIN



Much like the medium, the insides of your medium well steak will be mostly brown, with a hint of pink inside. Sear each side of the steak for 5 minutes, and you'll be left with no juices.

### DID YOU KNOW?

There are around 90 different beef breeds in Britain.



### Well Done Steak

12:00 MIN



Achieve the perfect well done steak by cooking each side for 6 minutes, giving it a dark brown colour on the outside, with a light brown inside.

### STOP!



Forks puncture holes in the meat, which will drain the important juices that are integral to your steak's flavour! Use blunt tongs to handle your steak on the grill instead.

Get all your ingredients for a perfect steak meal from your nearest convenience store today.

SPAR There for you

### Sources

- <http://www.telegraph.co.uk/food-and-drink/scotch-beef/how-do-you-like-your-steak/>
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