

COOKING THE PERFECT STEAK

This trick used by chefs can help you to determine how well done your meat is. Use the thickest part of your palm, below the thumb, as a guideline to compare how your steak feels. Press on your hand and then on the meat to determine how well done it is. As you progress from (1) to (5) in the illustrations below, this part of your palm will feel increasingly firm.



- 1 Raw meat (as received from the butcher) is the softest and feels like your palm when your hand is open and relaxed.

Thickness of steak	Number of minutes in the pan
2,5 cm	
3 cm	
4 cm	

RARE



- 2 Press your index finger and thumb together. The thick part below the thumb now feels slightly firmer – like a **rare** steak should feel.

Thickness of steak	Number of minutes in the pan
2,5 cm	4 – 5
3 cm	5 – 6
4 cm	6 – 8

MEDIUM RARE



- 3 Now press your middle finger and thumb together. This is what **medium rare** meat should feel like.

Thickness of steak	Number of minutes in the pan
2,5 cm	5 – 5½
3 cm	7 – 8
4 cm	8 – 9

MEDIUM



- 4 Now for your ring finger and thumb. This is **medium**.

Thickness of steak	Number of minutes in the pan
2,5 cm	6 – 7
3 cm	8 – 10
4 cm	9 – 11

WELL DONE



- 5 Press your little finger and your thumb together. This is what **well done** should feel like.

Thickness of steak	Number of minutes in the pan
2,5 cm	7 – 8
3 cm	10 – 11
4 cm	11 – 12