

# DEGREES OF DONENESS



## RARE

- ..... - Cooked for a few minutes each side (depending on thickness)
- Turned only once
- Cooked until steak feels very soft with back of tongs



## MEDIUM RARE

- ..... - Cooked on one side until moisture is just visible on top surface
- ..... - Turned only once
- Cooked on other side until surface moisture is visible
- Cooked until steak feels soft with back of tongs



## MEDIUM

- ..... - Cooked on one side until moisture is pooling on top surface
- ..... - Turned only once
- Cooked on second side until moisture is visible
- Cooked until steak feels springy with back of tongs



## MEDIUM WELL

- ..... - Cooked on one side until moisture is pooling on top surface
- ..... - Turned and cooked on second side until moisture is pooling
- Reduced heat slightly and continue to cook until steak feels firm with back of tongs



## WELL DONE

- ..... - Cooked on one side until moisture is pooling on top surface
- ..... - Turned and cooked on second side until moisture is pooling from top
- Reduced heat slightly and continue to cook until steak feels very firm with back of tongs

MELBOURNE  
E: sales.melbourne@topcut.com.au

PERTH  
E: wa.orders@topcut.com.au

NEWCASTLE  
E: sales.newcastle@topcut.com.au

SPECIALIST BUTCHERS SINCE 1981



SYDNEY  
E: sales.sydney@topcut.com.au

ADELAIDE  
E: sales.adelaide@topcut.com.au

GOLD COAST  
E: sales.goldcoast@topcut.com.au

1300 TOP CUT (1300 867 288)

[www.topcut.com.au](http://www.topcut.com.au)