

# Cooked to Perfection



Your easy to use guide to cooking the perfect steak.



## The Finest Ingredient

Scotch Beef is born, reared and processed in Scotland using strict farm assurance and animal welfare standards. Regarded by many as the very best, Scotch Beef is underpinned by exceptional farming practices, years of livestock traditions and a favourable farming climate.

When choosing your steak, make sure it's Scotch Beef by looking for the logo.

For additional information please consult our website:

[www.scotchbeefandlamb.com](http://www.scotchbeefandlamb.com)

For additional guidance on hygiene & healthy eating, please consult the Food Standards Agency:

[www.food.gov.uk](http://www.food.gov.uk) and [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

## Our PGI Promise

PGI stands for 'Protected Geographical Indication'. It is a European-wide scheme to help you identify high quality, traditional products which are unique to a region. Scotch Beef and Scotch Lamb have long-held this coveted PGI status.

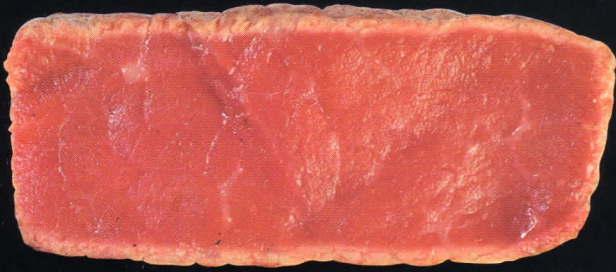
[www.scotchbeefandlamb.com](http://www.scotchbeefandlamb.com)

What PGI means to you:

1. **Guaranteed Quality**
2. **Superior Character**
3. **100% Traceable**
4. **100% Assured**



Campaign financed with aid from the European Union.



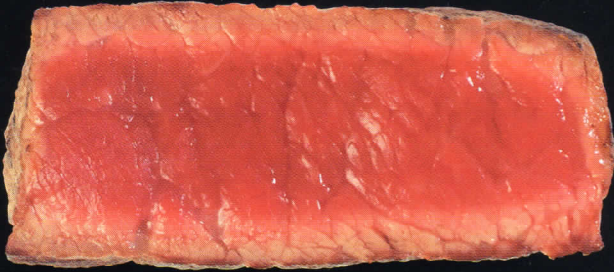
## BLUE

Seared outside, 1 min each side.  
Ensure all edges are sealed.

**100% red centre.**

Internal temp: 10-29°C.

- It should feel spongy with no resistance.



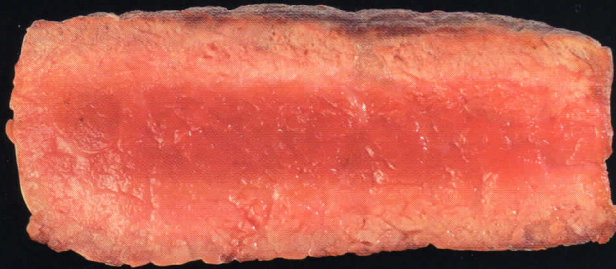
## RARE

Seared outside, 2 ½ mins each side.

**75% red centre.**

Internal temp: 30-51°C.

- It should feel soft and spongy with slight resistance.



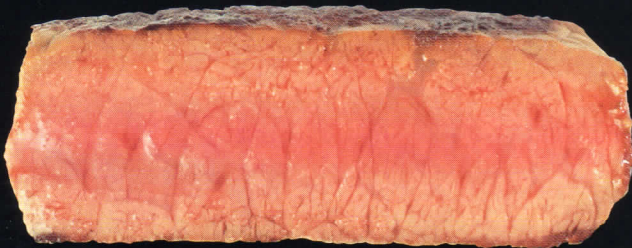
## MEDIUM RARE

Seared outside, 3-4 mins each side.

**50% red centre.**

Internal temp: 57-63°C.

- It should feel fairly soft, fairly spongy and slightly springy.



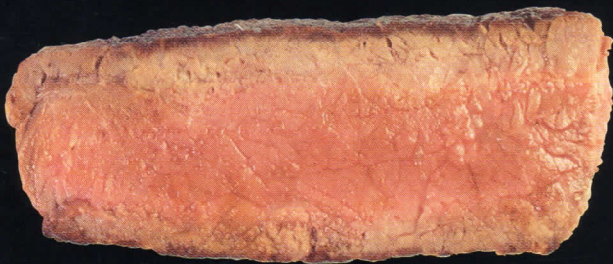
## MEDIUM

Seared outside, 4 mins each side.

**25% pink centre.**

Internal temp: 63-68°C.

- It should feel fairly firm and springy.



## MEDIUM WELL

5 mins each side.

**Slight hint of pink.**

Internal temp: 72-77°C.

- It should feel firm with a slight spring.



## WELL DONE

6 mins each side.

**100% brown throughout.**

Internal temp: 77°C +.

- It should feel very firm and will spring back quickly.

# Cooked to Perfection

Timings are approximate – based on a 1" thick sirloin steak, pan fried. The pan should be as hot as you dare. Internal temperature will depend on the temperature before cooking.

