



THE PERFECT STEAK

A tasty steak has always been a popular choice for the centrepiece of any meal, with the right steak it will guarantee to impress even the most critical of guests especially served with homemade chunky chips and pepper sauce!

Why choose one of our steaks?

When choosing a steak, sirloin is a fine choice due to its tasty, melt in the mouth succulence. Here at Peter Coates we know exactly what a good sirloin entails.

To start off at the very beginning of the process we only buy our cattle from trusted local farmers where we know the meat produced will be of the highest standard possible.

Once dealt with we believe the age of the steak is important; therefore all our steak is hung for 21 days prior to being put into our counters. Not only does this process considerably develop the meats flavour it also tenderises it.

A good sirloin has to be of a deep red colour and have just the right amount of fat. For cooking a good layer of creamy white fat around the top of a sirloin steak is essential! Also a nice marbling throughout the steak (little streaks of fat running throughout the meat), once heated this helps the steak to baste itself from within as it cooks.

Five steps to cooking the perfect steak at home:

1. Heat your griddle or frying pan over a high heat, until smoking hot.
2. Lightly brush the steak with a little olive oil and season with sea salt and freshly ground black pepper.
3. Don't griddle more than two steaks at a time, and keep them spaced well apart. If you add more than two steaks to the pan at once, the temperature will drop and the steak will stew, rather than fry.
4. Don't turn the steaks until good seared markings are achieved, then turn them over and cook on the other side (see timings, below).
5. You must let the steak rest for about 3 minutes before serving, to allow the juices that have been drawn to the surface to relax back into the meat.

How long to cook a steak for:

It is also important to know how your other half likes their steak prior to cooking - if not medium rare is usually a good bet as it can always be cooked a little longer if required.

Blue: 1 minute each side

Rare: 1½ minutes each side

Medium rare: 2 minutes each side

Medium: 2¼ minutes each side

Medium-well done: 2½ - 3 minutes each side.

These timings are based on cooking a sirloin steak that's about 2cm thick. (Cooking times will vary depending on the type and thickness of the steak, and how hot your pan is.)