

Cuisson Guide

“Cuisson” is the french word used to describe to what degree something has been cooked.

To judge how cooked a steak is press the meat with your finger to feel how the meat responds. The guide below will tell you what to look for:

Blue - meat is only cooked on the outside, raw inside

- very soft to the touch with no spring back

Rare - almost raw in the middle of the steak

- soft to the touch with a little spring back

Medium - meat is pink on the inside and still retains a little blood in the juices

- firm to the touch with some spring back

Well done - meat is brown through to the middle

- very firm to the touch with no spring back

Cooking the perfect steak

Cooking your steaks correctly is easy but requires you to follow some basic principles in order to get the best texture and flavour from the meat. The technique described below applies to all the steaks available from our range:

(see special note below for cooking Wagyu steak)



Always remove the meat from the fridge and let it come to room temperature before cooking. Allow about 30 minutes. Just before you start cooking, pat your steak dry with a kitchen towel then season both sides of it with salt and pepper and briefly rub the seasoning in.

Heat your frying pan until it is very hot. Use a heavy frying pan so that it retains the heat well. Add a few drops of oil to your pan. If your pan is nice and hot the oil will start smoking a bit. As soon as it does, place your steak in the frying pan. If you are cooking several steaks don't put more than two steaks in each pan or the temperature will drop too much.

Note for Wagyu steak: *Because of the special nature of Wagyu beef heat the pan to a moderate heat only, and don't season the meat until after it is cooked. Serve rare or medium-rare at most.*

After about 1 or 2 minutes add a generous knob of butter to the pan. As soon as the butter melts and starts to bubble turn your steak over. Use a spoon to baste the steak with the hot butter every 30 seconds or so, until the steak is cooked to the desired degree (see the “cuisson guide” on the left).

When steak is cooked remove it from the pan and place it on a warm plate or serving tray to rest for about 3 minutes. This allows the steak to relax and the juices to move back to the centre of the steak. If you are worried about the steaks getting cold you can cover them with foil while they rest.

Cooking times:

Steaks come in different sizes and thicknesses, so you can't fix the cooking time in advance. Refer to the “Cuisson Guide” on the left hand side of this page to achieve the desired degree of cooking.

More recipe cards available from our website

If you have any recipes ideas for our speciality products please send them in, we'll put them on our website for all to enjoy!