

How to cook a steak

Literature



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How to Cook Pan-Fried Steak

Rare, medium, or well done? Steak lovers hear those words like music to their ears. For them, steak is their way of eating, their way of life. People can either order steaks, or cook them inside or outside their homes. This essay will focus on pan-fried steaks. A steak may be a simple meal to prepare, but there are three proper steps in cooking a decent one. The three steps to cooking a decent pan-fried steak are: prepare the steak, cook it, and let it sit for a while.

The first step is to prepare the steak. Remove the meat from the fridge at least ten minutes before cooking (Johnson, 2010). The steak needs to be almost room temperature prior to cooking too. Pat the steak dry with kitchen paper and then rub a little olive oil, ground pepper, and sea salt on it (Johnson, 2010). It is important to get the pan to the right temperature. If the pan is not hot enough, this will stew the meat, and if it is too hot, the outside will burn before the inside is even cooked (Johnson, 2010). In order to tell if the heat is just right, you can hold your hand over the pan (Johnson, 2010). If it is too hot for your hand, remove the pan from the heat for a few seconds. If it seems not very warm, increase the heat a little (Johnson, 2010). After preparation, it is cooking time.

The second step is cooking the steak. A 1-inch thick steak should be fried for about 4 minutes on each side, depending on how you like it (Freeman, n. d.). Do not turn the meat too many times. Ideally, there should be at least one flip, or two at the most (Freeman, n. d.). After cooking the meat to your desired level, do not gobble up the meat yet.

Let the meat sit for around five minutes. Put the cooked steak on a plate and let it rest. The juices will sizzle and cook it further (Freeman, n. d.). This will

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also allow the meat fibers to relax and for the juices to flow consistently throughout the meat, which can result to a more flavorful taste (Johnson, 2010).

Pan-fried steak should be cooked properly using three steps: preparing the steak, which includes seasoning it and heating the pan; cooking the steak at least 4 minutes for each side; and letting the meat sit for five minutes. The perfect steak can be a simple process, but do not treat its cooking too lightly, or else, you will get a baldy-cooked and bad-tasting steak. You should heed these tips and processes to at least get a decent savory steak.

References

Freeman, L. (No date). 3 Ways to Cook a Great Steak. Start Cooking. com. Retrieved from <http://startcooking.com/blog/276/3-Ways-to-Cook-a-Great-Steak>

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