



BUTCHERS HELPER
Recipe Card



The Perfect Steak
“the butchers touch in every tin”

Cooking the Perfect Steak

Generously apply Butchers Rub directly on to surface of meat. For best results mix with oil to a workable texture before applying. Suitable for grilling, frying and barbecuing.

Medium Rare: Cook on one side until moisture is just visible on top surface. Turn once only, cook on the other side until surface moisture is visible. Steak will be cooked to medium rare when it feels soft with back of tongs. A meat thermometer will show the internal temperature of a medium rare steak as 45C.

Medium Well: Cook on one side until moisture is pooling on top surface. Turn and cook on second side until moisture is pooling on top. Reduce heat slightly and continue to cook until steak feels firm with back of tongs. A meat thermometer will show the internal temperature of a medium-well steak as 65C.

