

Cooked to Perfection



Your easy to use guide to cooking the perfect steak



The Finest Ingredient

We source all our livestock locally through tried and trusted farms. Our stock is then processed through our local abattoir in Galashiels which cuts down significantly on food miles and ensures the highest standards of animal welfare.

Because we have extensive chilling facilities our carcasses are allowed to mature to give a premium product which is butchered with care.

Our Steaks

At Thomas A. Shaw we offer a wide variety of Beef steaks from which you can choose:

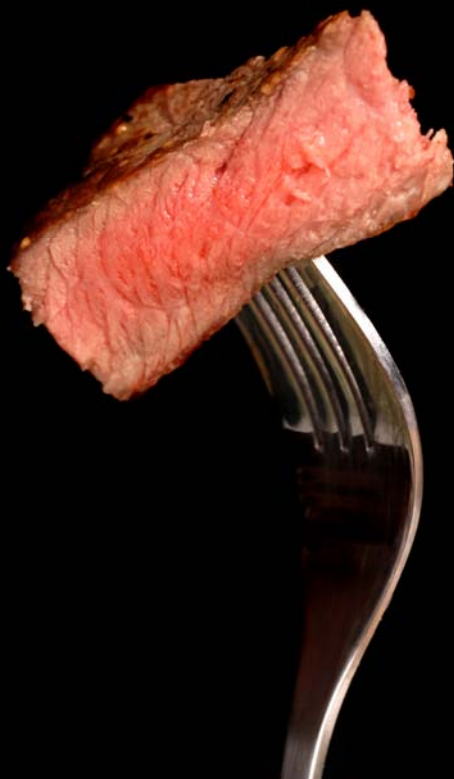
Fillet - Regarded by many as the most tender steak of all.

Sirloin - Sirloin steaks are packed full of flavour whilst remaining tender.

T. Bone - Often known as a first cut steak, it incorporates the sirloin & fillet into one!

Rib Eye - The 'eye' muscle from the rib roast, the most flavoursome of the steaks.

Popseye (Rump) - The ideal steak for a quick snack or steak sandwich.



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, 2½ min each side.

75% red centre.

Internal temp: 30-51°C

- It should feel soft & 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 should spring back quickly.

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Timings are approximate - based on a 1" thick sirloin steak, pan fried. The pan should be as hot as possible.

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