

How to check a steaks "doneness"

Ensuring your customers' steak is just the way they like it isn't always as easy as you would think. After all, you can't exactly cut it in half to check how well done it is. Thankfully, there are some great tips and tricks used by chefs to help you serve the perfect steak from your Synergy Grill every time!

Compare the firmness of the steak against the firmness of the fleshy area beneath your thumb as you touch each finger.

Rare

50°C



Estimate cooking time

Fillet 3.5cm thick – 2¼ mins per side,
Sirloin 2cm thick – 1½ mins per side

Medium Rare

56°C



Estimate cooking time

Fillet 3.5cm thick – 3¼ mins per side,
Sirloin 2cm thick – 2 mins per side

Medium

64°C



Estimate cooking time

Fillet 3.5cm thick – 4½ mins per side
Sirloin 2cm thick – 2½ mins per side

Medium Well

69°C



Estimate cooking time

Fillet 3.5cm thick – 5¼ mins per side
Sirloin 2cm thick – 3 mins per side

Well Done

72°C



Estimate cooking time

Fillet 3.5cm thick – 6 mins per side
Sirloin 2cm thick – 4 mins + per side