

BEEF COOKING POINTS



For beef about 3 cm thick:



Rare = beef sealed in fry pan, just grilled on the outside and completely raw on the inside.

The texture is very soft, almost identical to raw beef and trembling to the touch and juices begin to appear on the surface.

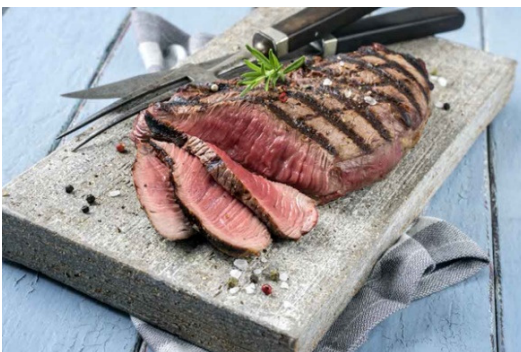
The temperature does not exceed 55 to 58° C and should remain on fire for about 4 minutes.



Medium rare = beef sealed in a fry pan with a raw reddish center.

The texture is soft but with some resistance and does not shake to the touch and red juices form on the surface.

The temperature is between 60 and 63° C and should remain on fire for a maximum of 5 minutes.



Medium = beef grilled outside with reddish center and close to raw.

The texture is more resistant to almost firm touch and pink juices form on the surface.

The temperature is about 68° C and should remain on fire for 6 or 7 minutes.



Done = beef grilled outside and pink inside and closer to cooking, but slightly underdone and the texture is very firm.

The temperature does not exceed 70° C and should be on fire for 8 minutes.



Well done = beef completely grilled on the outside and cooked on the inside and the texture is very firm and almost dry.

The temperature reaches 75° C and should remain in the fire for 9 minutes or more depending on the thickness of the cut.

Being a good cook means developing

sensitivity and intimacy with food, recognizing clues in touch and look.

To grill the beef:

Preferably use a heavy, deep-iron or stainless-steel fry pan.

Heat the pan properly.

The amount of fat should be sufficient only to cover with a thin layer of the bottom of the fry pan.

Beef cooked with butter or olive oil tastes better.

Beef seasoned with salt and black pepper at the time of frying become juicier.

Do not overload the fry pan with several beefs and fry one to two pieces at a time.

Do not squeeze and move the beef during frying and turn the beef only once after starting to loosen the juice.

Do not cover the frying pan.