

Forum:[Hack Forums](#)

Thread: [Want some... Sirloin Steak? -- \[MEDIUM RARE\]](#)

Grammar Rays - March 2, 2016, 1:49 pm

So first we start by preparing our salad... my favorite is ROCKET.

Chips maybe? I sometimes add smoked paprika during the cooking...

Introducing Sir Loin... sirloin is my fav ?

Ok so here's my first attempt:

Spoiler [\(Click to View\)](#)

Terrible!! It's over cooked...

So we try again...

Spoiler [\(Click to View\)](#)

We're getting better.... and we try again...

FINALLY WE CREATE A BEAUTIFUL MEDIUM RARE STEAK. FIT FOR A KING. i.e. Grammar Rays

I'm trying to put on some weight so I'm eating steak every single night for dinner.

Opinion on my cooking skills? I think I'm getting better, steak after steak. ??

reBELLYus - March 2, 2016, 1:54 pm

Looks like death

.

Grammar Rays - March 2, 2016, 1:55 pm

(Mar 2, 2016 02:54 PM)reBELLYus Wrote: [\[CITE\]](#) Looks like death

.

Woaaaah. As in it looks undercooked or? ?

Heart - March 2, 2016, 1:56 pm

you should cook it less

just eat that shit raw

reBELLYus - March 2, 2016, 1:57 pm

(Mar 2, 2016 02:55 PM)Grammar Rays Wrote: [\[CITE\]](#) Woaaaah. As in it looks undercooked or? ?
As in, you are eating the carcass of a dead animal.

Grammar Rays - March 2, 2016, 1:57 pm

(Mar 2, 2016 02:56 PM)\$uicide Wrote: [\[CITE\]](#) you should cook it less

just eat that shit raw

I love it medium rare. How do you like your steak?

I've eaten it everyday for almost a week now. Trying to gain some weight in preparation for me hitting the gym next week. Dem gains. ?

reBELLYus - March 2, 2016, 1:58 pm

(Mar 2, 2016 02:57 PM)Grammar Rays Wrote: [\[CITE\]](#) I love it medium rare. How do you like your steak?

I've eaten it everyday for almost a week now. Trying to gain some weight in preparation for me hitting the gym next week. Dem gains. ?

If you want gains, try a vegetarian diet. Consuming death is not the way to go for #gainz.

Grammar Rays - March 2, 2016, 2:00 pm

(Mar 2, 2016 02:58 PM)reBELLYus Wrote: [\[CITE\]](#) If you want gains, try a vegetarian diet. Consuming death is not the way to go for #gainz.

I really like meat though and it's probably faster to gain this way, surely?

Yakless - March 2, 2016, 2:07 pm

what the fuck is this garbage

no one cares about ur shitty ass food

Grammar Rays - March 2, 2016, 2:11 pm

(Mar 2, 2016 03:07 PM)? Goat ? Wrote: [\[CITE\]](#) what the fuck is this garbage

no one cares about ur shitty ass food

You cared enough to post on here rather than clicking back.

Nice to meet you. ?

I'm not a fan of this new-fag trolling that HF members are doing. Like, I'm not that guy who says 2010 was better, but at least in 2010 people who trolled had some substance and it was funny. You just have terrible English and it's low quality. ?

Crowley - March 2, 2016, 2:11 pm

Just smoke the meat i LOVE smoked or grilled sirloin steak.. Any meat to be in fact lol

Grammar Rays - March 2, 2016, 2:12 pm

(Mar 2, 2016 03:11 PM)Crowley Wrote: [\[CITE\]](#) Just smoke the meat i LOVE smoked or grilled sirloin steak.. Any meat to be in fact lol

I could Google it but how would you suggest smoking it? I don't have anything special cooking wise. Just a cooker, stove, and microwave. Some tips would be good, always looking to expand my cooking.

Heart - March 2, 2016, 2:14 pm

(Mar 2, 2016 03:12 PM)Grammar Rays Wrote: [\[CITE\]](#) I could Google it but how would you suggest smoking it? I don't have anything special cooking wise. Just a cooker, stove, and microwave. Some

tips would be good, always looking to expand my cooking.
i heard lighting a blunt with it is a good way to smoke it out

Grammar Rays - March 2, 2016, 2:16 pm

(Mar 2, 2016 03:14 PM)\$uicide Wrote: [\[CITE\]](#) i heard lighting a blunt with it is a good way to smoke it out
I don't smoke on school nights. ?

Vicellus Drum - March 2, 2016, 2:17 pm

Do you need cooking lessons? I teach classes for \$20/hour. I'll make you a pro.

Heart - March 2, 2016, 2:18 pm

(Mar 2, 2016 03:17 PM)Vicellus Drum Wrote: [\[CITE\]](#) Do you need cooking lessons? I teach classes for \$20/hour. I'll make you a pro.
of course the gay guy is a master chef

Grammar Rays - March 2, 2016, 2:21 pm

(Mar 2, 2016 03:19 PM)Seagulls Wrote: [\[CITE\]](#) Damn this makes me hungry. What's the sauce you've put on it?
Peppercorn sauce, and I fried some mushrooms up and mixed them into it also.
Peppercorn is one of the best I have found so far to go with my steak.

Grammar Rays - March 2, 2016, 3:02 pm

(Mar 2, 2016 03:59 PM)- Sam - Wrote: [\[CITE\]](#) Steak ruined because you're drinking a can of piss alongside it.
Haha, I'd usually agree with you but it was 24 cans for £7 so I'm going to defend it this once.

CasperXN - March 2, 2016, 3:03 pm

I much prefer barbecued steak, turns out much better imo.

NarticoG - March 2, 2016, 3:19 pm

THIS LOOKS SO FIRE OMG BRING ME SOME

Grammar Rays - March 2, 2016, 3:22 pm

(Mar 2, 2016 04:19 PM)Swallow My Nade Wrote: [\[CITE\]](#) THIS LOOKS SO FIRE OMG BRING ME SOME
I have more in the fridge but they're for my dinner this week.
Go to the store and get some ingredients.
I've just moved out on my own and already learnt to cook all kinds of cool things.

LordBed - March 2, 2016, 3:30 pm

My god i have been looking for a tutorial on how to make sirloin !!! Thanks so much i cant wait to cook dinner tonight!!

Vicellus Drum - March 2, 2016, 4:03 pm

(Mar 2, 2016 03:18 PM)\$uicide Wrote: [\[CITE\]](#) of course the gay guy is a master chef
I like to travel too. Let's you see all kinds of cultures and their foods.

(Mar 2, 2016 04:03 PM)Cheddix Wrote: [\[CITE\]](#) I much prefer barbecued steak, turns out much better imo.

Cast iron skillets work better for more tender steaks, and produce much more juice. The upside to working on a grill is the charcoal flavor, and textures you get from higher temperatures. I personally prefer working on a grill, because it's easier - but if you prefer a more juicy and tender steak - cast

iron skillet are the way to go.

GuildMaster - March 2, 2016, 4:08 pm

Looks like a slightly heated piece of meat.

I wouldn't eat it.

I can only eat medium well or I get sick.

Vicellus Drum - March 2, 2016, 4:15 pm

(Mar 2, 2016 05:08 PM)GuildMaster Wrote: [\[CITE\]](#) Looks like a slightly heated piece of meat.

I wouldn't eat it.

I can only eat medium well or I get sick.

It helps if you don't buy tainted meat that requires that high of a temperature to kill the bacteria.

Mattyice - March 2, 2016, 4:19 pm

this looks like the average shitty american dinner

Time? - March 2, 2016, 4:20 pm

Bro if you want to gain weight fast just PM me I'll PM you what I eat every day.

GuildMaster - March 2, 2016, 4:45 pm

(Mar 2, 2016 05:15 PM)Vicellus Drum Wrote: [\[CITE\]](#) It helps if you don't buy tainted meat that requires that high of a temperature to kill the bacteria.

Implying I get shitty quality beef?

ra1d - March 2, 2016, 5:38 pm

(Mar 2, 2016 02:54 PM)reBELLYus Wrote: [\[CITE\]](#) Looks like death

.

Vouch.

Looks like ass tbh, idk if it's just me.

Vicellus Drum - March 2, 2016, 5:43 pm

(Mar 2, 2016 05:45 PM)GuildMaster Wrote: [\[CITE\]](#) Implying I get shitty quality beef?

It's not an implication.

Elliot - March 2, 2016, 5:57 pm

idk why you documented you making steak

but shit you made me hungry

fwedrick - March 2, 2016, 5:59 pm

I personally like my steak well seasoned and medium rare; just me doe.

russianworm - March 2, 2016, 6:01 pm

i only wish i could eat steak every single night

Drug Problems - March 2, 2016, 6:01 pm

(Mar 2, 2016 03:14 PM)\$uicide Wrote: [\[CITE\]](#) i heard lighting a blunt with it is a good way to smoke it out

I vouch for this method I prepare my steak for the family this way.

Vicellus Drum - March 2, 2016, 6:58 pm

(Mar 2, 2016 06:59 PM)fwedrick Wrote: [\[CITE\]](#) I personally like my steak well seasoned and medium rare; just me doe.

There's quite a lot more than just you that like it done right.

GuildMaster - March 2, 2016, 7:16 pm

(Mar 2, 2016 07:58 PM)Vicellus Drum Wrote: [\[CITE\]](#) There's quite a lot more than just you that like it done right.

I will admit that the one the time I spent \$50 on a steak that was cooked medium. It was probably the best steak I ever had.

Vicellus Drum - March 2, 2016, 7:32 pm

(Mar 2, 2016 08:16 PM)GuildMaster Wrote: [\[CITE\]](#) I will admit that the one the time I spent \$50 on a steak that was cooked medium. It was probably the best steak I ever had.

You spent \$50 on a cancerous piece of shit, that apparently taste good to you? Sorry.

All steaks will taste the same when you cook them medium. Even the most expensive cuts will taste like a cheap steak well-done. Most restaurants in the business sell lower quality cuts and charge the same price when you order steak medium or medium-well. When you overcook a steak, you're literally cooking polycyclic aromatic hydrocarbons into the piece. Literally cancer. Not only are you cooking cancer into your steak, you're also grilling away all the nutrients. Vitamins, water content, fat content (All that flavor is literally dripping off your steak).

Darnold - March 2, 2016, 8:10 pm

steak is only good well done

TheDharma - March 2, 2016, 8:21 pm

Looks delicious. How'd you learn to cook?

Mattyice - March 2, 2016, 8:31 pm

(Mar 2, 2016 09:10 PM)Jody Husky Wrote: [\[CITE\]](#) steak is only good well done
neon icon is that u???????

Ambien - March 2, 2016, 9:36 pm

Looks delicious, now I'm starving.

Zenocide - March 2, 2016, 9:41 pm

Every time I cook a steak I always make Medium Rare, I don't know why well done is remotely delicious. That shit is drier than Sand Paper.

Telstra - March 2, 2016, 9:56 pm

(Mar 2, 2016 02:58 PM)reBELLYus Wrote: [\[CITE\]](#) If you want gains, try a vegetarian diet. Consuming death is not the way to go for #gainz.

Hello Mr. Vegan how are you today blood?

Mattyice - March 2, 2016, 9:57 pm

dude you wanna gain? eat pizza for month take before and after shots lmao

Ordium - March 2, 2016, 9:58 pm

Any advice for someone trying to get into cooking?

Mattyice - March 2, 2016, 9:59 pm

(Mar 2, 2016 10:58 PM)Ordium Wrote: [\[CITE\]](#) Any advice for someone trying to get into cooking? yea not follow this guy. unless you want ecoli or some shit or a does of salmonella

Vicellus Drum - March 2, 2016, 9:59 pm

(Mar 2, 2016 10:58 PM)Ordium Wrote: [\[CITE\]](#) Any advice for someone trying to get into cooking? Don't burn your shit. It's easier to fix something undercooked. It's impossible to uncook something.

GuildMaster - March 2, 2016, 10:01 pm

(Mar 2, 2016 08:32 PM)Vicellus Drum Wrote: [\[CITE\]](#) You spent \$50 on a cancerous piece of shit, that apparently taste good to you? Sorry.

All steaks will taste the same when you cook them medium. Even the most expensive cuts will taste like a cheap steak well-done. Most restaurants in the business sell lower quality cuts and charge the same price when you order steak medium or medium-well. When you overcook a steak, you're literally cooking polycyclic aromatic hydrocarbons into the piece. Literally cancer. Not only are you cooking cancer into your steak, you're also grilling away all the nutrients. Vitamins, water content, fat content (All that flavor is literally dripping off your steak).

Cooking a steak regardless will produce PAH and HCAs. There are also ways to limit your intake of these compounds. Spices like turmeric reduce formation of HCAs.

As for B vitamins and vitamin C. Those can be obtained through other foods. So unless you consume primarily (80% or more) meat. There really isn't any benefit to eating less cooked meats besides taste preferences.

Fat is also empty calories.

Vicellus Drum - March 2, 2016, 10:05 pm

(Mar 2, 2016 10:59 PM)Mattyice Wrote: [\[CITE\]](#) yea not follow this guy. unless you want ecoli or some shit or a does of salmonella

I would be fairly impressed if you managed to get either of those bacteria from a fairly seared piece of meat.

You also won't get salmonella from severely undercooked steak, it's extremely uncommon outside of eggs/chicken, without it being left out for several days in a warm environment. Also, ecoli bacteria isn't caused by undercooking meat. It's pre-existing bacteria. If there was ever even a single piece of meat with ecoli, the entire brand would be recalled. Moral of the story: Don't buy shady ass meat.

(Mar 2, 2016 11:01 PM)GuildMaster Wrote: [\[CITE\]](#) Cooking a steak regardless will produce PAH and HCAs. There are also ways to limit your intake of these compounds. Spices like turmeric reduce formation of HCAs.

As for B vitamins and vitamin C. Those can be obtained through other foods. So unless you consume primarily (80% or more) meat. There really isn't any benefit to eating less cooked meats besides taste preferences.

Fat is also empty calories.

You can also reduce them significantly by not burning your steak into a charred brick. If you just sear a steak, without leaving a charred crust - there are virtually no carcinogens.

I don't know about you, but I like flavor. Burning the flavor off to the point where the meat can no longer reabsorb the juices at a molecular level isn't appealing to me.

GuildMaster - March 3, 2016, 9:00 am

(Mar 2, 2016 11:05 PM)Vicellus Drum Wrote: [\[CITE\]](#) You can also reduce them significantly by not burning your steak into a charred brick. If you just sear a steak, without leaving a charred crust - there are virtually no carcinogens.

I don't know about you, but I like flavor. Burning the flavor off to the point where the meat can no longer reabsorb the juices at a molecular level isn't appealing to me.

Charring a steak is not my idea of a good meal anyways.

Everyone has their tastes and preferences.

Personally, I like stewing beef.

Forget About Me - March 3, 2016, 9:03 am

hahaha

wtf

i rather eat stake

funtela - March 3, 2016, 9:06 am

I don't like medium rare. I can't eat it unless it's well done.

Grammar Rays - March 3, 2016, 11:07 am

Steak again tonight!!

Cooking right now.

Mouse? - March 3, 2016, 11:12 am

Now I'm hungry. Fuck all of you.

fwedrick - March 3, 2016, 11:15 am

(Mar 3, 2016 12:12 PM)?ouse Wrote: [\[CITE\]](#) Now I'm hungry. Fuck all of you.

Eat some veggies. Steak is a no, no. You'd be committing murder according to every vegan with a Netflix subscription and tumblr blog.

Mouse? - March 3, 2016, 11:15 am

(Mar 3, 2016 12:15 PM)fwedrick Wrote: [\[CITE\]](#) Eat some veggies. Steak is a no, no. You'd be committing murder according to every vegan with a Netflix subscription and tumblr blog.

Bahahahaa!

?M1N?M - March 3, 2016, 11:26 am

fuckin' looks good. i'm gonna go make some oatmeal and put some hot chocolate on it. Maybe sip on some tea.

Fuck you

Grammar Rays - March 3, 2016, 11:30 am

(Mar 3, 2016 12:26 PM)EMINEM_temp Wrote: [\[CITE\]](#) fuckin' looks good. i'm gonna go make some oatmeal and put some hot chocolate on it. Maybe sip on some tea.

Fuck you

I've been making Oats, milk, and protein powder in the mornings. Gains bruh.

?M1N?M - March 3, 2016, 12:09 pm

(Mar 3, 2016 12:30 PM)Grammar Rays Wrote: [\[CITE\]](#) I've been making Oats, milk, and protein powder in the mornings. Gains bruh.

I feel it, but gains has no use for a ninja. agility is more my style.

Bustin' mofucks' with chakra energy

Grimzyy - March 3, 2016, 12:13 pm

(Mar 2, 2016 02:58 PM)reBELLYus Wrote: [\[CITE\]](#) If you want gains, try a vegetarian diet. Consuming death is not the way to go for #gainz.

please leave. Aint making NO gains on a vegetarian diet.

funtela - March 4, 2016, 5:12 am

(Mar 3, 2016 12:15 PM)fwedrick Wrote: [\[CITE\]](#) Eat some veggies. Steak is a no, no. You'd be committing murder according to every vegan with a Netflix subscription and tumblr blog.

He probably illegally bought his Netflix on HF though.

Rossticle - March 4, 2016, 5:34 am

You should have just ran up to the animal and bit it lol

Remorseless - March 4, 2016, 6:55 am

You like steak medium-rare? You're a god. I love med-rare.

@Jupiter - March 4, 2016, 6:57 am

I hope you run out of rare

blusmurf - March 4, 2016, 7:00 am

You can't never go wrong with med-rare.

When the first time I had rare steak, I was hit with a diarrhea so bad. After that I built a tolerance and can consume rare steak without problem. Right now I'll try to settle down with med-rare or medium just to be safe.

Academy Awards - March 4, 2016, 7:06 am

I am very hungry now. Thanks!

Mouse? - March 4, 2016, 7:12 am

(Mar 4, 2016 07:57 AM)?Cursed Wrote: [\[CITE\]](#) I hope you run out of rareYou take that back, you fiend

letmakemoney - March 4, 2016, 7:14 am

op makng me wanna go out and buy some meat now..

D?ath - March 4, 2016, 8:24 am

(Mar 2, 2016 02:54 PM)reBELLYus Wrote: [\[CITE\]](#) Looks like death

.

i do not look that delicious.

Grammar Rays - March 7, 2016, 11:00 am

Steak again tonight. Got to get up and clean the dishes though.

EDIT: 10,800 posts.

Big Tony - March 7, 2016, 11:02 am

Terribly made at medium rare but I think you'll get better with time. Looks delicious! I'm a big sirloin lover.

Credibility - March 7, 2016, 11:05 am

(Mar 4, 2016 09:24 AM)D?ath Wrote: [\[CITE\]](#) i do not look that delicious.
Yes, you do.

MetalSkinGaming - March 7, 2016, 11:23 am

you should completely cook it
tastes better

LeetBrute - March 7, 2016, 11:44 am

share recipe of sauce please :)

steak is obviously the best thing one can eat everyday :D

Rebus - March 7, 2016, 11:47 am

Looks nice, though I eat mine well-done. Also, you are the one that kept 'eating' me in Malware.io

Agent Raigar - March 7, 2016, 11:49 am

I don't think browsing the internet while on a cut helps me much.

Grammar Rays - March 7, 2016, 12:07 pm

(Mar 7, 2016 12:47 PM)Rebus Wrote: [\[CITE\]](#) Looks nice, though I eat mine well-done. Also, you are the one that kept 'eating' me in Malware.io

I can't stand well-done personally but each to their own. :)

Mwahaha. ;)

It's a good game. ?

(Mar 7, 2016 12:49 PM)Agent Raigar Wrote: [\[CITE\]](#) I don't think browsing the internet while on a cut helps me much.

Hahahah.. sorry! ?

Grammar Rays - March 8, 2016, 12:18 pm

Grammar Rays, at it again with the sirloin steak.

Hexalogy - March 8, 2016, 12:24 pm

(Mar 8, 2016 01:18 PM)Grammar Rays Wrote: [\[CITE\]](#) Grammar Rays, at it again with the sirloin steak.

Looks so fucking good.

Zanwald - March 8, 2016, 12:26 pm

Looks good. Medium-rare is my favorite way of cooking it as well, although I prefer a ribeye to a sirloin.

BeNT- - March 8, 2016, 12:30 pm

Damn that shit. Made me hungry op.
Lol.

Yeah rare or med rare is the way to go.
Think I need to figure out a way of getting me a steak lol

/hungry af

Grammar Rays - March 8, 2016, 12:34 pm

(Mar 8, 2016 01:26 PM)Zanwald Wrote: [\[CITE\]](#) Looks good. Medium-rare is my favorite way of cooking it as well, although I prefer a ribeye to a sirloin.

Sirloin has more protein and less calories, plus I just love the taste of a sirloin medium-rare. ?
I would never say no to any steak though, as long as it's medium-rare.

GuildMaster - March 8, 2016, 2:09 pm

(Mar 8, 2016 01:18 PM)Grammar Rays Wrote: [\[CITE\]](#) Grammar Rays, at it again with the sirloin steak.

(Mar 8, 2016 01:34 PM)Grammar Rays Wrote: [\[CITE\]](#) Sirloin has more protein and less calories, plus I just love the taste of a sirloin medium-rare. ?

I would never say no to any steak though, as long as it's medium-rare.

Still disagree with medium-rare all the time but damn this looks delicious.

Mouthwatering.

You gotta send me the recipe.

Bugatti - March 8, 2016, 2:10 pm

That shit looks disgusting. Both pictures.

I need my steak well-done.

Krew - March 8, 2016, 2:11 pm

(Mar 7, 2016 12:47 PM)Rebus Wrote: [\[CITE\]](#) Looks nice, though I eat mine well-done. Also, you are the one that kept 'eating' me in Malware.io

(Mar 8, 2016 03:10 PM)Bugatti Wrote: [\[CITE\]](#) That shit looks disgusting. Both pictures.

I need my steak well-done.

Hlsoka - March 8, 2016, 3:07 pm

If u must eat your stake well done, just skip it. It's not experiencing the full taste to have it well done.

skelly76 - March 8, 2016, 3:11 pm

I'd love to eat steak every night but that shit costs more than a girlfriend lol.

Grammar Rays - March 8, 2016, 3:17 pm

(Mar 8, 2016 04:11 PM)Aerial Wrote: [\[CITE\]](#) I'd love to eat steak every night but that shit costs more than a girlfriend lol.

Worth it though. Need to make some gains. ?

Yakless - March 8, 2016, 3:21 pm

(Mar 2, 2016 03:11 PM)Grammar Rays Wrote: [\[CITE\]](#) You cared enough to post on here rather than clicking back.

Nice to meet you. ?

I'm not a fan of this new-fag trolling that HF members are doing. Like, I'm not that guy who says 2010 was better, but at least in 2010 people who trolled had some substance and it was funny. You just have terrible English and it's low quality. ?I don't get it are you going for some kind of steak award is there one of those that I didn't know about.

Grammar Rays - March 8, 2016, 3:26 pm

(Mar 8, 2016 04:21 PM)? Goat ? Wrote: [\[CITE\]](#) I don't get it are you going for some kind of steak award is there one of those that I didn't know about.

No Sir, I'm just creating conversation about food. ?

I'm also really trying to make it a regular occurrence that I cook meals for myself. I've only just recently moved out and I was going days eating take-aways, but I find it easier to keep up with my routine if I take a picture and see how I improve etc. A bit strange I guess but it works for me.

Discomm - March 8, 2016, 5:11 pm

tbh Filet Mignon is better ?

Wardow - March 8, 2016, 5:13 pm

looks like a steak, fuck i need to stop posting here, my post activity is getting lq :/

Goods - March 8, 2016, 5:16 pm

Damn OP this shit made me hungry as fuck. Not a fan of medium rare steaks though. I usually do medium.

Reece Morgan - April 18, 2016, 6:21 pm

I'm not a good chef by any means, so I don't really know why this works or how it works or whatever..

But when cooking your steak you get a bunch of oils and blood and shit in the pan, mix that in with the peppercorn sauce (just a bit) and it tastes so much better. Idk why. I recommend steak very rare, but that's something I assume you have to become accustomed to (the more you cook it the more flavour you lose imo).

Edit: Oh shit my damn gravedigging ass.

Raddify - April 18, 2016, 6:27 pm

make me some macaroni please.

(Apr 18, 2016 06:21 PM)Reece Morgan Wrote: [\[CITE\]](#) I'm not a good chef by any means, so I don't really know why this works or how it works or whatever..

But when cooking your steak you get a bunch of oils and blood and shit in the pan, mix that in with the peppercorn sauce (just a bit) and it tastes so much better. Idk why. I recommend steak very rare, but that's something I assume you have to become accustomed to (the more you cook it the more flavour you lose imo).

Edit: Oh shit my damn gravedigging ass.
screw me i did it too

gore - April 18, 2016, 6:50 pm

Love a good sirloin. But lol yikes at the very well done one. I feel like once it gets too well done it's just rubber really.

I had a local Outback Steakhouse give me one once when I wanted medium rare and I wanted to get up and slap the cook with said sirloin.

Manipulate - April 18, 2016, 6:52 pm

I love salad, right before steak, and Sirloin steak medium rare is my favorite too.

?Florida - April 18, 2016, 7:07 pm

those chips are french fries kind sir. or in america freedom fries.

Arcturus Mengsk - April 18, 2016, 8:05 pm

I have no comments about your cooking. Just would like to state that those are FRIES not chips. :)

-Love your American friends

Grammar Rays - April 19, 2016, 12:12 pm

I'm having steak tonight!!

No pictures though.

~Jay~ - April 19, 2016, 12:25 pm

Eating steak exclusively is a horrible way to put on weight.

Grammar Rays - April 19, 2016, 12:50 pm

(Apr 19, 2016 12:25 PM)~Jay~ Wrote: [\[CITE\]](#) Eating steak exclusively is a horrible way to put on weight.

I'm eating maybe 6-8 times a day including protein shakes, oats, chicken, rice, pasta, etc. Also I eat grapes, blueberries, strawberries, etc as a snack.

Black Shadow - April 19, 2016, 1:31 pm

I love steak this thread has made me really hungry.