

Forum:[Hack Forums](#)

Thread: [How does HF members like their steak cooked?](#)

Smexi - March 25, 2017, 6:34 pm

Today is Saturday so for me that means pan seared steak day. I personally love a done to well done steak. The thought of a rare steak disgust me really. Medium done is pushing the limits!

[My steaky :\)](#)

How I cook my steak.

1. SALT SALT SALT and a lil pepper. (I believe letting a steak sit at room temp is a waste of time).
2. Fill cast iron skillet with just under enough oil to fill the bottom of the skillet. Fun fact: I use Canola Oil preferably as it is not a strong tasting oil and doesn't take away from the flavor of the steak. Also, at this point I turn the oven on to 450 degrees.
3. Heat Canola Oil to fill the bottom in a cast iron skillet until it starts to smoke a little at high temp.
3. Tilt cast iron skillet a bit away from me a slow place the steak in the skillet with tongs.
4. Sear it for 3 minutes on one side, flip it over and sear the other side for 1 1/2 minutes.
5. Slide that juicy girl into the oven for about 12 minutes as I like my steak very done.
6. Extra step for yummy in the tummy. I will wrap the steak in foil for 5 minutes with butter on both sides to add that extra fatty goodness.

I like to use a steak that is about 1 to 1 1/2 inches thick. Usually a Porterhouse or a NY strip.

zSerity - March 25, 2017, 6:44 pm

Yeah I'm with you. Well done or medium-well. I also dip it in sauce which probably drives steak enthusiasts insane.

Black Kodak - March 25, 2017, 6:45 pm

Well done is the fucking way to go.

Mojeh - March 25, 2017, 6:46 pm

Medium rare, well seasoned. All the way.

If I'm in a nice place though I'll ask for the steak to be cooked the way the chef would want it cooked. It's always good. ?

Wompus - March 25, 2017, 7:40 pm

Medium rare is the best way to have it. Not to chewy and still juicy, as well as all seasoning and peppercorn sauce. So very tasty.

SXSW - March 25, 2017, 7:41 pm

I like to get mine medium rare. When I was younger though I would get well done since I didn't know

any better.

Talent . - March 25, 2017, 7:42 pm

(Mar 25, 2017 06:45 PM)Black Kodak Wrote: [\[CITE\]](#) Well done is the fucking way to go.
Nooo you lose most of the flavor like that :(((

Medium well is the way to go not to done and still not like taking a bite out of a cow.

PerfectStorm - March 25, 2017, 7:51 pm

well done

nothing less!

ElfBot - March 25, 2017, 7:53 pm

i dont eat meat, fuck meat

Topkek_Is_Life - March 25, 2017, 7:54 pm

Well done is the way to go. With some A1 Steak sauce.

grady - March 25, 2017, 7:54 pm

Medium rare steaks are the best, seasoning is optional, but obv a good steak has great seasoning.
I don't cook, but my dad makes some baller steaks.

Smexi - March 25, 2017, 7:54 pm

(Mar 25, 2017 07:42 PM)Talent? ?????????? Wrote: [\[CITE\]](#) Nooo you lose most of the flavor
like that :(((

Medium well is the way to go not to done and still not like taking a bite out of a cow.
You do not lose the flavor if you cook it correctly.

SIM-3468354 - March 25, 2017, 7:59 pm

As long as the outside is seared I'll eat it. Somewhere between blue and rare is ideal.

Null - March 25, 2017, 8:00 pm

I take my steak rare most of the time, like the blood.

Kinguin - March 25, 2017, 8:03 pm

I prefer well done / medium, and with peppersauce.

Talent . - March 25, 2017, 8:38 pm

(Mar 25, 2017 07:53 PM)ElfBot Wrote: [\[CITE\]](#) i dont eat meat, fuck meat
Don't worry I will kill plenty of cows and eat them to make up for you. ?

SomeGuy740 - March 25, 2017, 8:46 pm

Well-done, with mashed potato on the side, dipped in BBQ sauce.

Smexi - March 25, 2017, 8:49 pm

(Mar 25, 2017 08:38 PM)Talent? ?????????? Wrote: [\[CITE\]](#) Don't worry I will kill plenty of cows
and eat them to make up for you. ?

I second this, I will definitely be adding to the eating of the cows to make up for you as well. I
respect your beliefs and decisions but come on man you are limiting yourself!

Lexy- - March 25, 2017, 8:50 pm

If you have anything besides Blue Rare, you're the devil.

/thread

Smexi - March 25, 2017, 8:52 pm

(Mar 25, 2017 08:50 PM)Lexy- Wrote: [\[CITE\]](#) If you have anything besides Blue Rare, you're the devil.

/thread

At that point why bother searing the steak? Just go take a bite out of a cow, lol.

Lexy - March 25, 2017, 8:53 pm

(Mar 25, 2017 08:52 PM)Smexi Wrote: [\[CITE\]](#) At that point why bother searing the steak? Just go take a bite out of a cow, lol.

Knew someone would say that meme.

That was my whole point of the post.

Snippity may rest.

zSerity - March 25, 2017, 8:56 pm

(Mar 25, 2017 08:50 PM)Lexy- Wrote: [\[CITE\]](#) If you have anything besides Blue Rare, you're the devil.

/thread

More like you're the devil if you get it blue rare wtf I don't prefer my meat to be like gel

Do you eat uncooked fries as well with it

Jess - March 25, 2017, 9:00 pm

I used to get mine well done, but now I'm more of a medium person. My grandpa likes his steak still cold where you put it on the grill for 5 seconds, flip it and do another 5 seconds apparently. Not sure how he can eat it like that!

test - March 25, 2017, 9:07 pm

Rare. I like it bloody and chewy. Nothing worse than an overcooked and tough steak.

Lexy - March 25, 2017, 9:47 pm

(Mar 25, 2017 08:56 PM)zSerity Wrote: [\[CITE\]](#) More like you're the devil if you get it blue rare wtf I don't prefer my meat to be like gel

Do you eat uncooked fries as well with it

I don't even eat my fries breaded..

630 - March 25, 2017, 9:52 pm

Well done? Fuck that. Since everyone is talking about seasoning and sauce I'll chime in. Obviously a good seasoning is needed. Won't argue that one. But fuck adding any sauce to a steak... It's insulting. Med Rare is the way to go.

Omniscient - March 26, 2017, 10:09 am

I feel bad for people that eat steak well-done. It's obvious they have a mental thing with uncooked meat or the bloodiness of a medium rare. Could also be the fat chunks in some steaks because they don't render. But I LOVE medium-rare myself and I'll eat the fat and gristle too. Nice to have a sear on a steak and best cut imho is a bone-in ribeye that's at least 1 inch thick.

You can see an example of my work at my IG account:

https://www.instagram.com/p/BQwogi_DPCQ/

@Dexter - March 26, 2017, 10:10 am

(Mar 26, 2017 10:09 AM)Omniscient Wrote: [\[CITE\]](#) I feel bad for people that eat steak well-done. It's obvious they have a mental thing with uncooked meat or the bloodiness of a medium rare. Could also be the fat chunks in some steaks because they don't render. But I LOVE medium-rare myself and I'll eat the fat and gristle too. Nice to have a sear on a steak and best cut imho is a bone-in ribeye that's at least 1 inch thick.

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Yeah medium rare is the way forward ?

Charger - March 26, 2017, 10:26 am

<8oz I like it medium-well, no butterfly.

If it's a good steakhouse then I will go with medium.

If it's over 8oz then I like it butterfly and just a bit less than medium-well.

(Mar 26, 2017 10:09 AM)Omniscient Wrote: [\[CITE\]](#) I feel bad for people that eat steak well-done. It's obvious they have a mental thing with uncooked meat or the bloodiness of a medium rare. Could also be the fat chunks in some steaks because they don't render. But I LOVE medium-rare myself and I'll eat the fat and gristle too. Nice to have a sear on a steak and best cut imho is a bone-in ribeye that's at least 1 inch thick.

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I have a friend who requests her steak "well-well-done".

It is legitly tougher than leather.

Pronouncer - March 26, 2017, 10:27 am

Medium well if its a good steak place, if its a MEH place then well done.

kawaii - March 26, 2017, 2:14 pm

I eat it as rare as possible. More blood is better.

Vegas - March 26, 2017, 2:17 pm

Cast-Iron Skillet, heavily salt meat, butter and rosemary in the skillet.

I like it very rare so I just sear it for about a minute and then flip it, cut to check preparedness and sear until warm and red in the center.

Egregious Jr. - March 26, 2017, 6:46 pm

Medium rare. If the restaurant is good it's amazing.

?????s? - March 27, 2017, 6:47 am

I was always scared of eating any kind of pink steak.

But I can do it now.

I like my medium well.

Veloce - March 27, 2017, 7:43 am

Medium just like my burger, anything past that I feel myself chewing and chewing and chewing

Moneyroller - March 27, 2017, 7:44 am

Medium rare is definitely the way to go. No questions asked

James711 - March 27, 2017, 7:57 am

Medium imagine saying overdone

SIM-3257834 - March 27, 2017, 7:59 am

Medium well is best for me else I'd feel disgusted to see too much blood.

Gem - March 27, 2017, 8:00 am

(Mar 26, 2017 02:14 PM)Escrow Wrote: [\[CITE\]](#) I eat it as rare as possible. More blood is better.
this is how u eat steak
it should only touch the pan for a few seconds

Dubjay - March 27, 2017, 9:45 am

Rare or medium rare. All of you suggesting WD or the like are wrong in the head.

Yin Yang - March 27, 2017, 9:46 am

Medium is how I like mine done

J?son - March 27, 2017, 11:54 am

Medium rare with a fat dollop of mashed potatoes on top

Vittorio - March 27, 2017, 11:55 am

Anyone who said well done deserves death.

NoUserName312 - March 27, 2017, 11:59 am

Medium with pepper sauce ? one of the best things you will ever taste.

Omniscient - March 27, 2017, 1:29 pm

(Mar 27, 2017 11:55 AM)Vittorio Wrote: [\[CITE\]](#) Anyone who said well done deserves death.
A torturous death too. Something really painful.

<http://www.delish.com/food-news/a50302/reasons-you-should-never-order-steak-well-done/>

Darkwin - March 27, 2017, 1:30 pm

You put your steak in the oven? WTF man.

Fresh Khalifa - March 27, 2017, 1:31 pm

I personally just like medium, anything else is just not as good IMO.

UnParad0x - March 27, 2017, 1:32 pm

I always ask the waiter/waitress to make it bloody/rare as possible without anybody losing their job haha. If it's not a cheap piece of meat and it is cooked/seasoned right, I usually don't use sauce but sometimes I will put a few drops of A1 on my plate.

Larsenpower - March 27, 2017, 1:32 pm

Medium-rare with some nice seasoning. A well-done steak is making good meat worse in my opinion

Smexi - March 27, 2017, 1:34 pm

(Mar 27, 2017 01:30 PM)Darkwin Wrote: [\[CITE\]](#) You put your steak in the oven? WTF man.
Definitely the sear/oven technique is exactly what a ton of top restaurants use.

JohnnyDepp - March 27, 2017, 1:38 pm

(Mar 27, 2017 01:34 PM)Smexi Wrote: [\[CITE\]](#) Definitely the sear/oven technique is exactly what a ton of top restaurants use.

I'm with that method, fry for five minutes each side, bake/grill until rest of food is ready, done!

Nygma - March 27, 2017, 1:41 pm

Medium - rare with peppercorn sauce every damn time.

Darkwin - March 27, 2017, 1:54 pm

(Mar 27, 2017 01:34 PM)Smexi Wrote: [\[CITE\]](#) Definitely the sear/oven technique is exactly what a ton of top restaurants use.

That's true, Guess i'm just used to grilling or frying my steak on a iron-skillet not really into the baking method specially for that long as i fear it will be dry and tough.

milkywaythegodfather - March 27, 2017, 1:57 pm

Sous vide at ~124 then pan searing afterwards.

Smexi - March 27, 2017, 2:21 pm

(Mar 27, 2017 01:54 PM)Darkwin Wrote: [\[CITE\]](#) That's true, Guess i'm just used to grilling or frying my steak on a iron-skillet not really into the baking method specially for that long as i fear it will be dry and tough.

Always use a ton of salt, where I live in right now you cannot have grills for safety reasons. I would for sure rather use a grill if possible.

Omniscient - March 27, 2017, 2:52 pm

Quote:You put your steak in the oven?

Actually it's a good method to finish your steak to temperature. You pan sear it then put it into the oven to finish. Very common in restaurants. Try it, you'll love the results.

Quote:Guess i'm just used to grilling or frying my steak on a iron-skillet not really into the baking method specially for that long as i fear it will be dry and tough.

If you're using cast iron then you take the skillet and put it directly into the oven once you have the proper sear on the steak. Just be damn sure to have your oven to temperature. Normally I do 400-425.

Zesus - March 27, 2017, 3:14 pm

Medium Rare is the only way. ?

Gem - March 27, 2017, 3:26 pm

(Mar 27, 2017 02:52 PM)Omniscient Wrote: [\[CITE\]](#) Actually it's a good method to finish your steak to temperature. You pan sear it then put it into the oven to finish. Very common in restaurants. Try it, you'll love the results.

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I've actually never heard of this before. Very interesting.

Definitely something I will try.

DaCavE - March 27, 2017, 3:51 pm

I love a steak that is cooked medium rare with a little pink.

Exemplification - March 27, 2017, 10:10 pm

Honestly I am not a huge fan of beef (other than veal) but when I eat steak I prefer it blue.

Has to be really good meat for that though

tss9999 - March 28, 2017, 5:06 am

Fillet cooked rare with a nice rich beef stock sauce.

shoggoth - March 30, 2017, 6:41 am

Well, here's how my last steak was done... Turned a not-great piece of sirloin into something that was really decent.

0. Allow the steak to rest for a bit at room temp.
1. Smack the shit out of the steak, to tenderise. Also score it a bit with a sharp knife, making sure to sever any ligament/tendon bullshit that you tend to find in poorer quality cuts.
2. Dry rub with salt and pepper.
3. Dice a whole bunch of (red) onions, and put them on the steak, which should be on a plate.
4. Let it sit a bit longer, while heating up the skillet and putting some butter (real butter, none of your spreadable bullshit) into said skillet.
5. Once the pan is hot enough, dump on the onions. Let them fry a bit, then add the steak. Leave it for a short period of time, and flip. You only want to sear it, anything beyond medium-rare is a total fucking waste.
6. Serve with the fried onions, on a bed of garlic bread with some kind of side. I'd recommend some chunky potato fries, and whatever fucking sauce it is you use. Oh, add some greens for the health and all that.

Kyrus - April 2, 2017, 3:24 pm

(Mar 25, 2017 06:45 PM)Black Kodak Wrote: [\[CITE\]](#) Well done is the fucking way to go.

My aunt once stopped seeing a guy because he ordered a well done steak on their first date.

albussheep - April 4, 2017, 7:27 am

I enjoy medium rare, but rare is pretty great too.

Nevieth - April 4, 2017, 7:29 am

Medium rare. It's pink and juicy but still dead.

matrix2017 - April 4, 2017, 11:45 am

Blue to Medium Rare, Anything once its not well done

markownikoff - April 4, 2017, 7:24 pm

Medium rare or well done, but I prefer medium rare.

Motiv - April 4, 2017, 8:05 pm

Gross! Well-done steak? Might as well eat flavorless rubber. I like to taste the meat, not just what's seasoned on it. Medium for me.

Suddenly - April 4, 2017, 8:15 pm

1. get fillet steak (very tender cut of meat)
2. make sure pan is sizzling hot and put olive oil in and season steak with salt & pepper while pan is heating up
3. put steak in 3 min (each side)

4. add butter, garlic, and fresh thyme in the pan
5. and start to baste the steak
6. feel steak for springy texture in the middle (medium rare)
7. put steak on a board and leave it to rest.
8. absolutely F*cking delicious

G*59 - April 4, 2017, 8:25 pm

How do you savages eat well done steak, chewing on a boot would have more flavor. Medium-rare has so much more flavor and you won't break your jaw eating it. Its VERY safe as long as you just check the temp its not hard. Most of the bacteria is on the outside of the steak, which is why some people just sear the outside and thats it. Its not like ground beef where its all throughout the meat (which should be cooked a lot higher).

Riot - April 4, 2017, 8:28 pm

Medium/medium-well for sure. I don't want a crispy ass steak, I like to have a little juice to the bite adds a great flavor in my opinion,

?

Muddy - April 4, 2017, 8:31 pm

Medium-rare for sure man. Prime.

Steve - April 4, 2017, 10:36 pm

I'll shamefully admit I used to always get medium-well. I don't eat steak often, so I've slowly been working my way down to medium-rare.

Cyrus - April 4, 2017, 10:43 pm

I like mine cooked all day so its very soft/easy to eat.

problems.x - April 4, 2017, 10:43 pm

mehidium fuckin rahaaarrrrr

Smexi - April 5, 2017, 9:09 am

(Apr 4, 2017 10:43 PM)Incapability Wrote: [\[CITE\]](#) mehidium fuckin rahaaarrrrr
You seem like a very dangerous man, do you swig by chance?

DanielRayMazell - April 12, 2017, 2:01 pm

Like mine juicy and well done

gringo - April 12, 2017, 5:51 pm

(Apr 4, 2017 10:36 PM)Steve Wrote: [\[CITE\]](#) I'll shamefully admit I used to always get medium-well. I don't eat steak often, so I've slowly been working my way down to medium-rare.
Medium rare is the way to go, the closer to that thing moo'ing the better it tastes.

YourTommy - April 12, 2017, 5:53 pm

Medium Rare with peppercorn sauce. Not to spicy tho. Good chips, Mushrooms, and some veg

Heart - April 12, 2017, 8:36 pm

either medium or medium well, depends where i'm at

Jester Race - April 14, 2017, 3:47 am

Anything over medium and the steak is ruined.

DarkRoar - April 14, 2017, 5:53 am

xD, i like it with salte and sauce

M4ngo - April 14, 2017, 7:23 am

Well Done. I think Well Done is best.

Unravel - April 14, 2017, 8:05 am

well done I prefer it because it doesn't taste too chewy.

JeremyPetro12 - April 14, 2017, 11:13 am

medium with steak sauce. Love the juiciness it brings.

glaw12 - April 19, 2017, 6:43 am

Medium well is my way to go. Now and then, like medium now and then,

morphix - April 26, 2017, 8:27 am

I like mine medium-rare. Also, I noticed that you are using Canola Oil! If you can try to use a higher grade of oil because Canola is not especially good for your health!!

Johnathan - April 27, 2017, 5:11 pm

Medium rare, good seasoning and some Peter Luger steak sauce.

Visualize - April 27, 2017, 5:13 pm

Steak well done LUL. Medium is the way to go. I used to like well done then I learned to eat it rawer.

Try reverse searing btw, people say its better and I think its worth trying once

NORDZ - April 27, 2017, 5:44 pm

Depends on the restaurant I go to I usually always get it medium and they cook it perfect. If its a restaurant i haven't been to before I usually ask how they think what medium is or looks like to them. I like only the steak and whatever they season it with its just rude to put A1 sauce on the chefs steak in my opinion lol.

Tjm - April 27, 2017, 5:47 pm

Medium-rare, sometimes rare depending on if I know the restaurant is good. I don't use sauce unless it comes with a glaze of some sort.

CanisMajoris - April 27, 2017, 6:14 pm

I cook most of my thicker steaks like this! <https://hackforums.net/showthread.php?tid=5558291>

Aqua_fina - April 27, 2017, 11:57 pm

Spoiler ([Click to View](#))

I like my steak cooked medium :)

King Rust - April 27, 2017, 11:59 pm

Medium-well, I like most steaks so it's like half crispy.

Deko - April 28, 2017, 12:01 am

(Apr 27, 2017 11:57 PM)AlexJohn83 Wrote: [\[CITE\]](#) I like my steak cooked medium :)
Dude.. Put your image in spoilers.

I don't eat steak too often but I prefer it well done.

Amp - April 28, 2017, 12:02 am

Medium rare is the go-to for me.

Elitas - April 28, 2017, 12:04 am

I used to like steak but now I can't stand the taste. :((

Gstone - June 9, 2017, 12:31 pm

Medium, seasoned with salt and pepper, cooked with butter in a griddle pan, with peppercorn sauce on the side

Beau. - June 9, 2017, 6:08 pm

Medium rare is the best. Best to sear the steak first then do it over a grill. Marinade is alright but good steak on its own is great.

nicksaban1 - June 9, 2017, 6:10 pm

Here is Omni's old post on steak tar tare. Fuck that shit. I'll take medium rare, but never tar tare...

<https://hackforums.net/showthread.php?tid=2881428&highlight=steak>

Cflo - June 13, 2017, 9:44 pm

I like my steaks medium rare and I only eat tenderloin or striploin

MOKA - June 15, 2017, 5:19 am

Well-Done, Juicy and delicious :>

QI99 - June 15, 2017, 10:45 am

Medium rare, or well done.

~Dec - June 15, 2017, 1:20 pm

I take great care in preparing a steak, so here's my guide to the perfect steak.

First, I choose a steak with good marbling. I don't care if it's a sirloin, t-bone, rump, grain-fed or aged. None of that matters as much as marbling. Marbling is the fat content inside (not around) the tenders.

Spoiler ([Click to View](#))

I find BMS #4 marbling to be both affordable and tasty - BMS #6-#9 would be your Kobe/Wagyu beef which is expensive as shit so I don't buy it. Anything from BMS #10-#12 likely does not exist.

I do not freeze steak at all. If I'm going to cook it, I cook it on the day I buy it from the butcher. I will typically buy it in the morning, and let it sit at room temperature for 3-4 hours (it cooks easier that way). If I'm cooking for a friend and they have frozen steaks then I don't let it thaw - I cook directly from frozen. The reason I do this is because the meat contains tiny microscopic glands that lock in moisture - if thawed, the ice leaves holes in these glands which allows the moisture to escape during the cooking process, creating a very bland and dry steak.

45 minutes before it's time to cook, I coat every inch of the steak in salt and let it sit. This helps to spread the moisture locked deep inside the meat towards the outer edges of the meat, which is kind of a tenderization process. By evenly distributing the moisture, you get an evenly tendered cut.

Immediately before cooking, I rinse all the salt off and coat the steak in a mixture of crushed garlic,

black pepper, paprika, parsley and grapeseed oil. Grapeseed oil contains an enzyme that helps to activate the umami in the meat, which gives it a richer flavour and makes the meat brown very well (the browning of cooked food is known as the Maillard Reaction). If you only have canola, sunflower or olive oil on hand then you can mix a little pineapple juice in for the same effect.

I then throw the steak on a grill with a medium flame - I watch the side of the steak to see the line of cooked meat rise up about 1/6th of the way, then flip it and do the same for the opposite side. This cooks the steak to rare, but we're not done yet.

Once the steak is cooked rare, I take it off the grill and pop it into a covered container and let it sit and cook through from it's own temperature for about 20 minutes.

This makes the steak sort of between rare and medium rare (closer to the medium rare side) which I consider the perfect level of cooked a steak can be.

I then dress it with a little more black pepper, salt and a pinch of brown sugar. There's no need to baste the steak because it's pretty much basted in it's own juices at this point, but if I feel like it I will also prepare a white sauce as a base which, depending on my mood, I either turn into a mushroom sauce, onion sauce or pepper sauce (you could do cheese but I'm allergic to most cheeses).

Sometimes I'll slice the steak vertically into strips and serve with sliced Jalapeno and soft boiled egg. Very tasty. You can also serve it with some dijon mustard. For extra aroma, just toss a single star anise into the fire before grilling the steak.

.Astro - June 16, 2017, 1:45 am

Rare to medium rare. I don't really like it well-done. Sirloin is my favorite.

Umaru - June 17, 2017, 10:45 am

Rare or medium rare not a fan of well done myself.

Petty - June 17, 2017, 10:46 am

honestly I can't stand that people eat steak rare. like how is that enjoyable?

well done pls.

Umaru - June 17, 2017, 4:24 pm

(Jun 17, 2017 10:46 AM)Pages Wrote: [\[CITE\]](#) honestly I can't stand that people eat steak rare. like how is that enjoyable?

well done pls.

I wonder if its the quality of the steak that counts as I've eaten steak rare and not liked it as much as other times I've eaten it rare. I'm not saying well done is bad but I'd much prefer a rare steak.

snappari2 - June 17, 2017, 5:38 pm

To be honest i could not care less how my steak is cooked lol aslong as it's seasoned very very very well i'm fine with it

Meow - June 17, 2017, 5:39 pm

Well done, obviously. Only way to go for me.

Mr.Peanut - June 17, 2017, 5:45 pm

Me personally, medium rare.. depending on the place, I could sometimes do a medium. tbh, a well done steak isn't a steak, it's meat w/ all of the natural flavor gone.

and before there's that guy..

- no it's not blood, it's myoglobin
- Yes it's safe to eat, assuming you're not eating meat from an unreliable source.

Edit: that shit better be well seasoned. I've had some steaks in the \$50 - \$75 range and I cried due to the lack of flavor. Salt & Pepper doesn't cut it unless we're talking about some Japanese grade Kobe/Waygu

6seven8 - June 18, 2017, 5:47 pm

Medium, as close to well-done as possible without being overcooked. Seasoning has to be on point too. Not a huge fan of how chicken or meat tastes on its own so I don't mind it being smothered in sauce.

Edit: pretty much what the guy above said.

vvs1 - June 18, 2017, 5:50 pm

I prefer my steaks medium-well

? **[\$(1000)\$] ?** - June 18, 2017, 5:53 pm

Medium rare

Eating a steak at medium well to well done is disgusting as fuck

SIM-3609092 - June 18, 2017, 5:53 pm

(Jun 15, 2017 01:20 PM)~Dec Wrote: [\[CITE\]](#) I take great care in preparing a steak, so here's my guide to the perfect steak.

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45 minutes before it's time to cook, I coat every inch of the steak in salt and let it sit. This helps to spread the moisture locked deep inside the meat towards the outer edges of the meat, which is kind of a tenderization process. By evenly distributing the moisture, you get an evenly tendered cut.

Immediately before cooking, I rinse all the salt off and coat the steak in a mixture of crushed garlic, black pepper, paprika, parsley and grapeseed oil. Grapeseed oil contains an enzyme that helps to

activate the umami in the meat, which gives it a richer flavour and makes the meat brown very well (the browning of cooked food is known as the Maillard Reaction). If you only have canola, sunflower or olive oil on hand then you can mix a little pineapple juice in for the same effect.

I then throw the steak on a grill with a medium flame - I watch the side of the steak to see the line of cooked meat rise up about 1/6th of the way, then flip it and do the same for the opposite side. This cooks the steak to rare, but we're not done yet.

Once the steak is cooked rare, I take it off the grill and pop it into a covered container and let it sit and cook through from it's own temperature for about 20 minutes.

This makes the steak sort of between rare and medium rare (closer to the medium rare side) which I consider the perfect level of cooked a steak can be.

I then dress it with a little more black pepper, salt and a pinch of brown sugar. There's no need to baste the steak because it's pretty much basted in it's own juices at this point, but if I feel like it I will also prepare a white sauce as a base which, depending on my mood, I either turn into a mushroom sauce, onion sauce or pepper sauce (you could do cheese but I'm allergic to most cheeses).

Sometimes I'll slice the steak vertically into strips and serve with sliced Jalapeno and soft boiled egg. Very tasty. You can also serve it with some dijon mustard. For extra aroma, just toss a single star anise into the fire before grilling the steak.

Ramsey would be proud. I definitely vouch for this young meat artist.