



## How to cook the perfect steak

by Neal Jackson; Multi Award Winning Chef & Owner of Jackson's Restaurant, Perth.

Remove steak from the fridge 15 minutes before cooking. This will give a more even temperature in the middle, especially if you like it on the medium to rare side. Be sure to keep it covered whilst out of the fridge.

Always season your steak with salt & pepper well before you cook it. It will just taste better, and don't believe anyone that says it will draw out all the juices because as soon as your steak comes into contact with the hot surface of a pan or bbq plate that heat will send all the juices into the middle of the steak.

Use a hot surface to cook on and don't keep turning the steak over while you are waiting for it to cook. Be patient don't play with it (this stops it cooking evenly into the middle). Go have a beer and chat with your mates instead. Cook it once on each side only, this way you will get some nice browning on the surface of the meat which just makes it taste so much better.

Always rest your steak for 5 minutes before cutting it, this allows the meat to relax and all those nice juices to flow back from the center to distribute evenly through the meat, making it warm in the middle and moist all the way through.

Enjoy with a glass of Amelia Park Cabernet Merlot.