

# STEAK COOKING INSTRUCTIONS

## INDIVIDUALLY PACKED STEAKS

1. Pre-heat pan or griddle to a medium to high heat
2. Oil the steak and season with salt
3. Place steak in the pan and cook for an equal length of time on both sides, flipping the steak more than once can help with accuracy. This ensures even cooking throughout
4. Using your forefinger push into the centre of the steak then observe the reaction as follows below



5. Once the desired cooking temperature is achieved, remove from pan, season with a generous amount of salt, and rest for approximately half of the cooking time. Then serve.

For best results use a heavy bottomed frying pan or cast iron griddle.

These instructions also apply to a hot B.B.Q grill.



# LARGE CUT COOKING INSTRUCTIONS

## RIBEYE ON THE BONE & 500G EYE FILLET

1. Pre-heat pan or griddle to a medium to high heat
2. Oil the steak and season with salt
3. Sear for 3-4 minutes on both sides
4. Place in a pre-heated oven at 190°C
5. Cook to your preference, as listed below



6. Season with a generous amount of salt, and rest for approximately 4-6 minutes. When carving the steak cut across the grain for best results.

## TOMAHAWK 1.5KG

1. Pre-heat pan or griddle to a medium to high heat
2. Oil the steak and season with salt
3. Sear for 3-4 minutes on both sides
4. Place in a pre-heated oven at 190°C
5. Cook to your preference, as listed below



6. Season with a generous amount of salt, and rest for approximately 4-6 minutes. When carving the steak cut across the grain for best results.

# SUGGESTED REHEATING TIMES

## POTATO GRATIN

Suggested reheating method is to remove from bag, place onto a baking tray and heat in a preheated oven at 180°C for 8-10 minutes.

## BRAISED RED CABBAGE

Re-heat in bag, suggested microwave time 1 minute.

## BEEF RIBS

Suggested reheating method is to remove from bag, place onto a baking tray and heat in a preheated oven at 180°C for 12 minutes.

Add B.B.Q sauce and cook for another 4 minutes to caramelize the sauce.

## BROCCOLINI

Re-heat in bag, suggested microwave time 1 minute.

## CHICKEN WINGS

Suggested reheating method is to remove from bag, place onto a baking tray and heat in a preheated oven at 180°C for 8-10 minutes.

## DRY AGED MEATBALLS

Suggested reheating method is to remove from bag, place onto a baking tray and heat in a preheated oven at 180°C for 5-8 minutes.

## SPICED DATE PUDDING

Re-heat in bag, suggested microwave time 1 minute.

Remove lid and re-attach loosely, microwave for 30 seconds and pour over the pudding.

## PEPPER SAUCE

Remove lid and re-attach loosely, microwave for 1 minute and stir thoroughly.

## MUSHROOM SAUCE

Remove lid and re-attach loosely, microwave for 1 minute and stir thoroughly.



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MASTER BUTCHER