

Meat Cooking Chart

Blue



Seared thin crust, very bloody room temperature in centre, will be slippery in texture & best served with a very lean cut of meat ie eye fillet

Rare



Seared with a thicker crust than blue style with a warm red bloody juicy centre, will be soft and spongy, best served with a very lean cut of meat ie eye fillet or sirloin

Medium Rare



Medium Rare---Red warm centre and will have a springy firmness. Best served with a low fat ie eye fillet, sirloin, rump, lean cutlets, lean whole roast

Medium



Medium---Hot pink centre and will have a less springy firmness than medium rare. Best served with sirloin, rump, scotch, cutlet, rolled or whole roast

Medium Well



Medium Well---Slight colour, cooked throughout and will feel firm. Best served with very fatty cuts of meat, cutlets & ribs

Well Done



Well Done---No colour Left and will feel very firm and unyielding. Best served with very fatty cuts or cutlets & ribs