

Reverse Sear Steak



Ingredients

4 eye fillet steaks

Salt, to taste

Freshly ground black pepper, to taste

Directions

Step 1 – Bring your steak to room temperature and season liberally on both sides with salt and pepper.

Step 2 – Preheat the BBQ to medium heat (180° to 200°C) with two zone heat. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or charcoal as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, set up the BBQ for indirect cooking with a trivet and convection tray.

Step 3 – Once the BBQ has reached temperature, place the steaks onto the grill away from the direct heat, or in a Weber Q, on the trivet. Close the lid of the BBQ to commence roasting the meat.

Step 4 – Using a digital thermometer, check the internal temperature of the meat regularly. Aim for an internal temperature at least 10°C less than your preferred final internal temperature. (Refer to our internal temperature guide on the following page).

Step 5 – Once the preferred internal temperature has been reached (less 10°C), either remove the steak from the BBQ to sear later, or immediately place the steak on the grill surface to sear, directly over the hottest part of the BBQ. Again, check the internal temperature, and sear the steaks on both sides quickly, bringing the steak to an internal temperature approximately 5°C less than your preferred internal temperature. The steak should at this point be seared and caramelised with sear marks on both sides.

Step 6 – Allow the steaks to rest for around 10 minutes before serving. During this resting time, your steak will have reached the preferred internal temperature. Serve immediately.



A GUIDE TO COOKING STEAK



BLUE RARE

Internal temp 115°F/46°C
Seared but red through the centre -
juices not flowing, difficult to chew.



MEDIUM

Internal temp 134°F/56°C
Cooked outside, 25% pink through the centre -
drier and approaching toughness.



RARE

Internal temp 120°F/48°C
Up to 75% red through the centre - once
rested, tender and juicy, the perfect steak!



MEDIUM WELL

Internal temp 150°F/65°C
A slight hint of pink through the centre -
not worth the effort.



MEDIUM RARE

Internal temp 126°F/52°C
50% red through the centre - once
rested, tender and juicy. Acceptable steak.



WELL DONE

Internal temp 160°F/71°C
Completely brown throughout -
a waste of a good steak.

