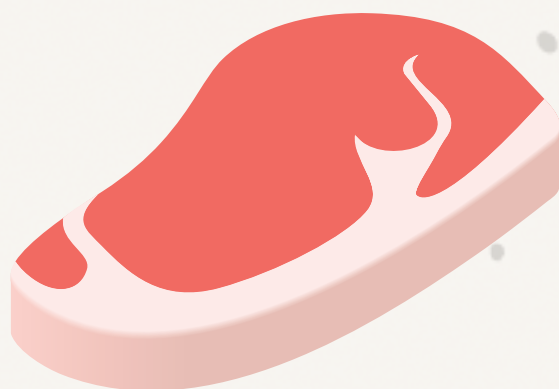


COOK THE PERFECT STEAK!

The Fillet: “The Most Tender”

4.5-5cm Thickness Cooking Time (Each Side)

Rare	3-4 Minutes
Medium Rare	4-5 Minutes
Medium	5-6 Minutes
Well Done	6.5-8 Minutes



The Sirloin: “Great for the family”

2-3cm Thickness Cooking Time (Each Side)

Rare	2.5-3 Minutes
Medium Rare	3-4 Minutes
Medium	4-5 Minutes
Well Done	5.5-7 Minutes

The Striploin: “Built for the BBQ”

2-3cm Thickness Cooking Time (Each Side)

Rare	2.5-3 Minutes
Medium Rare	3-4 Minutes
Medium	4-5 Minutes
Well Done	5.5-7 Minutes



COOK THE PERFECT STEAK!

Rib-Eye: “Great Flavour”

4.5-5cm Thickness Cooking Time (Each Side)

Rare	3-4 Minutes
Medium Rare	4-5 Minutes
Medium	5-6 Minutes
Well Done	6.5-8 Minutes



T-Bone Steak: “Best of Both”

3cm Thickness Cooking Time (Each Side)

Rare	4-4.5 Minutes
Medium Rare	5-6 Minutes
Medium	6-7.5 Minutes
Well Done	8-10 Minutes

Cowboy: “Bone in Rib-Eye”

2-3cm Thickness Cooking Time (Each Side)

Rare	4-4.5 Minutes
Medium Rare	5-6 Minutes
Medium	6-7.5 Minutes
Well Done	8-10 Minutes

