



COOKING GUIDELINES – BEEF

Please note that the following information should be treated as a rough guide. All ovens vary.

Always pre-heat your oven to the required temperature.

For fan assisted ovens you need to reduce the temperature by the equivalent of up to 20 °C.

BEEF OLIVES:

First of all brown off the outside of the beef olive in a hot frying pan and then place in the oven for approximately 30 minutes at 180 – 190°C / 350 – 375°F / gas mark 5.

STEAKS:

Fillet / Rib Eye / Sirloin / Rump

These are approximate times for steaks cut 2cm / ¾ inch thick, depending on how you like them cooked:

| | |
|-------------|--------------------------|
| Rare | 2 ½ minutes per side |
| Medium rare | 3 – 3 ½ minutes per side |
| Medium | 4 minutes per side |
| Well done | 6 minutes per side |

Notes:

Ideally place the steaks in a hot frying pan to start with and brown each side quickly before reducing to a medium heat for the rest of the cooking time.

For a thicker steak i.e. a 2 inch fillet it is better to brown the steak quickly in a hot frying pan and then transfer it to the oven to finish the cooking. Pre-heat the oven to 180 – 190 °C / 350 – 375 °C / gas mark 5 and cook for 10 minutes for rare, 15 minutes for medium and 20 minutes for well done.