



Demo card

THE PERFECT STEAK

Demo difficulty level 1 (simple) – 5 (hard)



Serves: 2 people

EGG set up: Direct

EGG target temperature: 250°C–300°C

Cooking time: 4–6 minutes

This demo comes with no bells, no whistles, just a simple steak, cooked to perfection. The quality of the meat is vitally important – look for a thick cut of high-welfare meat that’s been properly aged. You can use the same method for other cuts of meat like pork chops or lamb cutlets.

EQUIPMENT



CAST IRON SEARING GRID



STAINLESS STEEL SILICONE TIPPED 16” BBQ TONGS



QUICK READ THERMOMETER

GRILLING RECIPE



KEY SALES MESSAGES:

- 1 Importance of cooking to temperature, not time
- 2 Impact of the EGG’s cooking environment and charcoal on the flavour of the food
- 3 Use of grid to create deep, restaurant-quality sear marks

Recommended charcoal

Premium 100% Natural Oak & Hickory Lump Charcoal





Key internal temperatures

RARE

50°C

MEDIUM RARE

54°C

MEDIUM

60°C

MEDIUM-WELL

65°C

WELL DONE (if you must)

70°C

INGREDIENTS

- 2 thick steaks of your choosing
- Salt & cracked black pepper

METHOD

SET UP YOUR EGG

Remove your steak from the fridge and let it come to room temperature. Pat dry with a kitchen towel.

Set up for direct cooking with the Cast Iron Searing Grid. Your target temperature is 250°C-300°C.

Top tip 1

Don't remove any excess fat from the steak. Fat carries flavour into the meat while cooking. You can always remove it afterwards.

GET STARTED

Season the steaks with a generous amount of salt on both sides. Don't use the black pepper at this stage, as it burns and turns bitter at high temperatures.

Burp the EGG when opening, then place the steaks onto the Cast Iron Searing Grid using the tongs. Close the dome.

How quickly you turn your steak depends on the thickness of the meat and how you like it cooked. A 3cm-thick steak cooked medium will need turning after about 3 minutes. Burp the EGG again, open the dome and turn the steaks.

Top tip 2

When you turn the steaks, move them to a different area of the grid. This ensures that you're placing the uncooked side of the steak onto a suitably hot area of the grid.

FINISH YOUR STEAKS

After a further 2 minutes, open the EGG and push the Quick Read Thermometer into the thickest part of the meat. Use the internal temperature guide above to test whether it is done to your liking.

Remove from the EGG and leave to rest for several minutes. Season with cracked black pepper. The results will be delicious as they are, but you could always add a dab of garlic butter.



ALERT: As with any cooking demo, food hygiene and customer safety are essential. Please ensure that whoever is running the demo has completed a Food Hygiene Level 2 exam online and check the www.food.gov.uk website for further guidance.