



Remove from fridge half hour before cooking.

If vac-packed, remove from packaging and pat dry with paper towel

Season on both sides with good quality salt.

Heat BBQ or pan to hot and then turn down a bit before putting on steaks.

Highly marbled steaks will flare up, so watch the BBQ and turn down heat if needed

Don't overcrowd BBQ or pan.

When you see tiny juice droplets appear on top side, turn over and cook a little less time on second side.

We like to turn the steaks only once, but there is no right or wrong way..its up to you.

This works well for 25mm thick steaks.

We recommend cooking to medium rare .

If you like using a temp probe: 50 - 52 degrees in the centre of piece. Better to undercook than overcook.

By the time its rested it will be 55 C

Remove from heat and rest for 5-10 minutes, covered in warm area. You can cover the plate with another dish or bowl...saves on foil

We then love to place steaks on chopping board, & with a sharp knife slice across grain into thin slices.

Serve with a dijon mustard, or beautiful with wasabi & tamari (light soy sauce) on the side

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