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MEAT MASTERY:

A GUIDE TO PERFECTLY COOKED STEAKS EVERY TIME



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Meet Arianna Foster, our highly skilled and passionate nutritionist, and editorial director at [Carnivore Style](#).

With a deep understanding of the benefits of an all-meat diet, Arianna uses her expertise to help her team uncover the best ways to cook and enjoy different cuts of steak. When she's not working, Arianna can be found hitting the trails for a hike, diving into a good book, or listening to her favorite podcasts.

With her expert advice and warm personality, Arianna makes healthy eating fun and accessible for everyone, particularly those who love steaks and want to learn how to cook them perfectly at home.

So, if you want to learn how to cook the perfect steak at home instead of always dining out at fancy restaurants, you're in the right place! In this guide, you'll find tips and tricks on making steaks that are always mouth-watering and delicious every time.

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Whether a beginner cook or a seasoned pro, this guide will provide the tips and tricks to achieve delicious, juicy, and tender steaks every time. Get ready to impress your friends and family with your steak-cooking skills. Let's dive in and learn how to cook the perfect steak!

WHAT IS THE BEST CUT OF STEAK?

The best cut of steak depends on personal preference and the cooking method used. Some popular cuts include:



Tenderloin (filet mignon) - This is the most tender cut of beef, but it also has less flavor than other cuts. It is best when cooked quickly at high heat, such as pan-searing or grilling.

Ribeye - This cut has a lot of marbling, providing many flavors. It is best when cooked at high heat, such as grilling or broiling.



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Strip steak (New York strip)

– This cut is a good balance of tenderness and flavor. It is best when cooked at high heat, such as grilling or broiling.

T-Bone – This cut combines a strip steak and a tenderloin, separated by a T-shaped bone. It is best when cooked at high heat, such as grilling or broiling.



Sirloin – This cut is less tender than some others, but it has a lot of flavors. It is best when cooked at medium-high heat, such as grilling or pan-searing.

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Ultimately, the best steak cut will depend on your taste and the type of meal you're looking to prepare.

HOW DO YOU PREPARE THE PERFECT STEAK?

Preparing the perfect steak requires following a few key steps:

1. Choose a high-quality cut of steak such as ribeye, strip, or tenderloin. These cuts are known for their rich flavor and tenderness.
2. Bring steak to room temperature. This step is crucial as it allows the steak to cook more evenly. Take the steak out of the fridge about 30 minutes to an hour before cooking.
3. Season the steak with salt and pepper or any desired seasoning. It's important to do this about 30 minutes before cooking so that the seasoning has time to penetrate the meat. This will give your steak a deeper and more complex flavor.

By following these steps, you'll be able to prepare a delicious and perfectly cooked steak every time.



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HOW TO COOK THE PERFECT STEAK?



1. Heat a skillet or pan on high heat until it is very hot. Add oil (such as vegetable or canola oil) to the pan.
2. Carefully place the steak in the pan and sear for 2-3 minutes on each side for a medium-rare steak. For a more well-done steak, continue cooking for an additional 2-3 minutes per side.
3. Use a meat thermometer to check the internal temperature of the steak. It should reach 130°F for medium-rare, 140°F for medium, 150°F for medium-well, and 160°F for well-done.
4. Once the steak has reached the desired temperature, remove it from the pan and let it rest for a few minutes before slicing and serving.

Remember that practice makes perfect; the more you cook steak, the better you will become at it. Experiment with different seasonings, cooking methods, and doneness levels to find the perfect steak recipe.

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HERE ARE SOME TIPS AND VARIATIONS TO HELP YOU COOK THE PERFECT STEAK:

- 1. Invest in a good quality steak knife:** A sharp knife will make slicing your steak much easier and allow you to cut it to the desired thickness.
- 2. Cook your steak on high heat:** High heat is necessary to get a nice crust outside of the steak, which helps seal the juices. Avoid moving your steak around too much in the skillet. Let it cook undisturbed for a couple of minutes on each side to get a nice sear.
- 3. Try dry-aging:** Dry-aging is a technique where the steak is left to age in a controlled environment, which can improve the flavor and texture of the meat.
- 4. Cook your steak on a wire rack:** Cooking it on a wire rack will allow the heat to circulate the steak, which will help it to cook more evenly.
- 5. Take care of your cooking equipment:** Keep your pan, grill, or broiler clean and in good condition. This will help to ensure that your steak cooks evenly and doesn't stick to the surface.
- 6. Keep it simple:** Don't over-complicate the process with too many ingredients or seasonings. Sometimes, a simple salt and pepper seasoning is all needed to bring out the steak's natural flavor.



SIZZLE YOUR TASTE BUDS!

Thanks for reading our guide to cooking the perfect steak every time! We hope you found it juicy, informative, and delicious. By following these tips, you'll be able to impress your friends and family with your steak-cooking skills in no time.

Don't be afraid to experiment with different seasoning and cooking methods to find your own personal steak-cooking style. Remember, cooking is an art, and the best way to perfect it is to have fun and enjoy the process.

Upgrade your steak experience with the finest cuts! [Check out Butcherbox](#) where they deliver high-quality meat right to your doorstep. Visit [Carnivore Style](#) for more information and tips on the carnivore lifestyle.

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