



FREE DOWNLOAD: THE COMPLETE GUIDE TO PERFECT STEAK EVERY TIME

Master steak cooking with confidence—even on busy weeknights

1. VISUAL GUIDE TO STEAK CUTS



CUT	BEST FOR	CHARACTERISTICS
Ribeye	Grilling / Pan-searing	Rich marbling, very flavorful, forgiving if slightly overcooked.
New York Strip	Grilling	Good marbling, firmer texture than Ribeye, intense beef flavor.
Filet Mignon	Pan-searing	Very lean, extremely tender, mild flavor. Expensive.
T-Bone/Porterhouse	Grilling	Two cuts in one (Strip + Tenderloin). Needs careful heat management.
Sirloin	Grilling	Budget-friendly, leaner, beefy flavor. Can be tough if overcooked.
Flank / Skirt	Marinating / Quick Grill	Loose grain, absorbs marinades well. Must slice against grain.

2. DONENESS TEMPERATURES



DONENESS	TEMPERATURE RANGE	VISUAL APPEARANCE
Rare	120-125°F	Cool red center, soft texture
Medium-Rare (Rec.)	130-135°F	Warm red center, perfect balance of tenderness
Medium	135-145°F	Warm pink center, firmer texture
Medium-Well	145-155°F	Slightly pink center, juices start to dry
Well-Done	155°F+	No pink, firm and dry

PRO TIP: Remove steak from heat when it is 5°F below your target temperature. It will continue cooking as it rests (carryover cooking).

3. MARINATING TIME GUIDE



Use this guide to flavor your steak without ruining the texture.

STEAK THICKNESS	RECOMMENDED TIME
Thin cuts (< 1 inch)	30 min – 2 hours
Medium cuts (1 – 1.5 inch)	2 – 4 hours
Thick cuts (> 1.5 inch)	4 – 8 hours

WARNING: Don't over-marinate! Acidic ingredients (vinegar, citrus) break down protein fibers. Too long = mushy meat.

4. 8 SEASONING FORMULAS



1. THE CLASSIC

Salt + Black Pepper (2:1 ratio)

2. STEAKHOUSE

Garlic powder + Onion powder + Salt + Pepper

3. MONTREAL STYLE

Coriander + Black pepper + Dill + Garlic + Salt

4. TEXAS BBQ

Paprika + Chili powder + Brown sugar + Salt

5. COFFEE RUB

Ground coffee + Brown sugar + Paprika + Salt

6. HERB BUTTER

Rosemary + Thyme + Garlic + Soft Butter (Finish with this)

7. ASIAN FUSION

Sesame oil + Ginger + Garlic + Soy Sauce

8. CHIMICHURRI

Parsley + Oregano + Garlic + Red Wine Vinegar

5. GRILLING TROUBLESHOOTING



PROBLEM	LIKELY CAUSE	THE FIX
Sticks to grill	Not hot enough / Grates not oiled	Preheat 10 min on high. Oil grates before adding meat.
Flare-ups	Too much fat dripping	Trim excess fat cap. Move steak to a cooler zone temporarily.
Dry steak	Overcooked / No rest	Use an instant-read thermometer. Always rest 5-10 min.
No sear marks	Heat too low / Moved too soon	High direct heat. Don't touch it for the first 2-3 mins.
Uneven cooking	Steak was cold	Let steak sit at room temp for 30 mins before cooking.

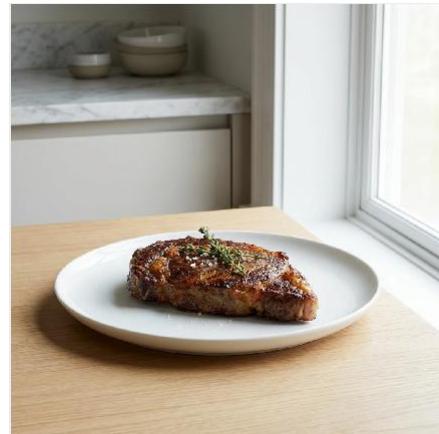
6. PAN-SEARING STEP-BY-STEP



Step 1: Prep



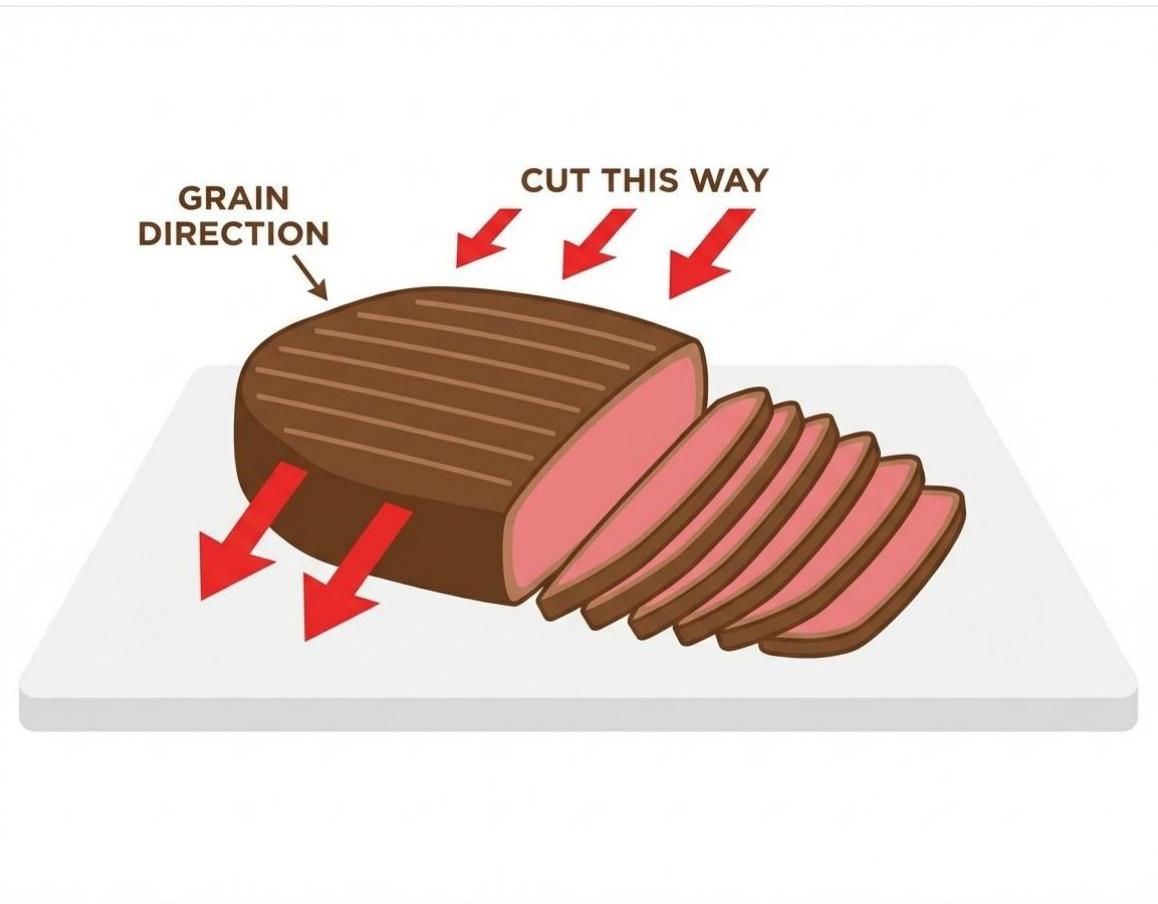
Step 2: Sear



Step 3: Rest

- 1. Prep:** Pat steak completely dry with paper towels. Season generously. Let sit at room temp for 30 mins.
- 2. Heat:** Place a cast iron or heavy-bottomed pan over high heat until it starts to smoke slightly.
- 3. Oil:** Add 1 tbsp of high smoke point oil (Avocado, Grapeseed, or Canola).
- 4. Sear:** Carefully place steak in the pan away from you. **Do not move it** for 3-4 minutes to build crust.
- 5. Flip:** Flip once. Cook 3-4 minutes on the second side.
- 6. Baste (Optional):** In the last minute, add a knob of butter and herbs. Spoon melted butter over the steak.
- 7. Rest:** Remove from pan and let rest on a board for 5-10 minutes before cutting.

7. THE GOLDEN RULE: SLICE AGAINST THE GRAIN



- **Identify:** Look for the parallel lines of muscle fiber running through the meat.
- **Position:** Turn the steak so the fibers run horizontally left-to-right.
- **Cut:** Slice vertically (perpendicular) across those lines.
- **Why?** This shortens the muscle fibers, making each bite 40% more tender.
- **Presentation:** Angle your knife slightly for wider, restaurant-style slices.

8. 10-MINUTE LEFTOVER IDEAS



STEAK & EGGS

Slice thin, quick sear in pan, serve over scrambled eggs. (5 min)

STEAK TACOS

Warm corn tortillas, cold sliced steak, onion, cilantro, lime. (10 min)

STEAK SALAD

Mixed greens, cherry tomatoes, sliced steak, balsamic vinaigrette. (5 min)

PHILLY CHEESESTEAK

Sauté onions/peppers, add chopped steak, melt provolone on top. (10 min)

STEAK FRIED RICE

Day-old rice, frozen peas/carrots, diced steak, soy sauce, egg. (15 min)

STEAK SANDWICH

Toasted sourdough, horseradish mayo, arugula, steak slices. (5 min)

BONUS: STEAK MYTHS BUSTED

5 common mistakes busy cooks make.

✗ MYTH 1: "Searing seals in juices"

✓ **TRUTH:** Searing creates flavor through the Maillard reaction (the tasty crust), but it doesn't "seal" anything. Juices are retained by proper cooking temperature and resting, not searing.

✗ MYTH 2: "Flipping steak multiple times ruins it"

✓ **TRUTH:** Flipping multiple times actually cooks the steak more evenly and can reduce cooking time by up to 30%. Once is fine for simplicity, but 2-3 flips is actually better.

✗ MYTH 3: "If you let steak rest, it gets cold"

✓ **TRUTH:** Resting is non-negotiable! You only need 5-10 minutes. This allows juices to redistribute throughout the meat. Skip this, and your plate becomes a puddle of juice while the meat stays dry.

✗ MYTH 4: "Marinate for 24+ hours for tenderness"

✓ **TRUTH:** Over-marinating (especially with acidic ingredients like lime or vinegar) turns the outer layer of steak mushy and mealy. 2-8 hours is the sweet spot depending on thickness.

✗ MYTH 5: "You need expensive cuts for good steak"

✓ **TRUTH:** Proper technique matters more than price. A perfectly cooked sirloin beats an overcooked filet mignon every time. Master the basics first.

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