



The Freedown Food Co.

Alternative Meats & Specialist Foods

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Cuisson Guide

“Cuisson” is the french word used to describe to what degree something has been cooked.

To judge how cooked a steak is press the meat with your finger to feel how the meat responds. The guide below will tell you what to look for:

Blue - meat is only cooked on the outside, raw inside

- very soft to the touch with no spring back

Rare - almost raw in the middle of the steak

- soft to the touch with a little spring back

Medium - meat is pink on the inside and still retains a little blood in the juices

- firm to the touch with some spring back

Well done - meat is brown through to the middle

- very firm to the touch with no spring back

Wagyu Beef Cooking Guide

The legendary *Wagyu beef* – called *Kobe beef* when from Japan – is arguably the very best beef in the world. The meat from these extraordinary breeds of cattle is heavily marbled with fat, giving it a luxurious and unctuous flavour and texture. However, this very special meat requires more delicate treatment than normal beef in order for you to enjoy the special qualities of this delicacy.



Here is a basic guide to cooking your *Wagyu beef*.

Wagyu steaks:

Take your steaks out of the fridge in advance and allow to come to room temperature. Use a thick, heavy frying pan or skillet. Heat the pan and add a small drop of oil (corn or vegetable). Season both sides of the steak with coarse salt and place in the hot pan. Fry for about a minute on medium-high heat, then turn the steak over and cooks for a further minute or two. Refer to the “cuisson guide” on the left of this page.



We strongly recommend that you eat your Wagyu beef rare or medium rare!

Wagyu Rib Eye Roast:

Take your roast out of the fridge in advance and allow to come to room temperature. Preheat oven to 130°C. Season your Rib Eye Roast with freshly ground pepper and salt. Add a little oil to a very hot frying pan and seal the outside of your roast, ensuring that you get a nice brown colour on all sides of your roast, including the two ends. Place the roast in your preheated oven and cook for between 30 and 40 minutes, depending on the size of your piece of meat. You can use the “cuisson guide” on the left side of this page to judge how cooked your roast is by squeezing it gently.

We strongly recommend that you eat your Wagyu beef rare or medium rare!

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If you have any recipes ideas for our speciality products please send them in, we'll put them on our website for all to enjoy!

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