

# How to Cook Steak

on an Induction Cooktop

## Step 1:

### Thaw Your Steak

Take out your steak from the freezer and submerge it in room-temperature water for around 30 minutes, or pop it into the microwave and hit the defrost button for 10 minutes.



## Step 2:

### Season the Steak

Depending on your preferences, you can use anything from salt and pepper to minced onion or garlic powder. After seasoning the meat, let it sit in your fridge's drying rack for up to 24 hours.



## Step 3:

### Fire Up Your INduction Hob and Preheat a grilling pan

Place the induction-ready pan on the induction cooktop and turn it on. Set temperature to 400-500 °F, which should be level 7-8 on an induction stove. Let the pan sit on the cooktop for 5 minutes.



## Step 4:

### Add Oil

Once the pan is ready, add enough oil to coat the bottom. It will stop the meat from sticking to the pan and ensure the cooked steak has a crisp crust.



## Step 5:

### Cook the perfect steak

Add your steaks to the pan and cook follow this guide:

- Rare – Cook each side for 2 minutes
- Medium rare – Cook each side for 3- 4 minutes
- Medium – Cook each side for 4 – 6 minutes each side
- Well done – Cook for 2 minutes each side, then turn the hob down and cook for another 4 – 6 minutes on a medium heat

