



**Fissler**

## **BRIEF GUIDE TO FRYING STEAKS**

Sometimes meat really takes your fancy. A juicy steak lying in the center of your plate. It smells wonderful, and is crisp on the outside and tender as butter on the inside. The problem: unfortunately it doesn't turn out as well at home as in the restaurant. The upside: nobody needs to be a trained cook to fry a really good steak. What matters is the choice of food (e. g. organic meat), the right pan and taking heed of four little rules for frying steaks. To the pan, get set, steak! An uncoated stainless steel pan is recommended for ultimate steak enjoyment. Because pans made of high-quality 18/10 stainless steel transfer heat ideally to the meat. But many people are afraid they'll burn the meat, so for safety's sake they use a coated pan. That's a pity, because only at higher temperatures does the meat change and develop the crispy surface which is typical of steak. By the way: the crust develops because amino acids form compounds with sugar when heat is applied (Maillard reaction\*) and roasting substances and aromas form on the surface of the meat - and the pores in the meat do not, as was long assumed, close.

### **Four steps to the perfect steak:**

#### **1. Preparation**

The meat to be fried should be at room temperature, otherwise the pan will drop below the right frying temperature. Up to 35% of the heat is lost when the meat is placed in the pan. So take the meat out of the fridge about 1/2 hour before frying it, but do not season it with salt (which removes liquid from the meat) or pepper (pepper burns in the pan). Extra tip: the steak will turn out particularly juicy if you wrap a slice of bacon round it and tie this firmly in place with kitchen twine.

#### **2. The right frying temperature**

Heat the stainless steel pan to medium heat without oil (2/3 oven maximum). Wait three to four minutes and then perform the water drop test. The water drop test shows when the ideal temperature for the meat has been reached. Simply use your fingers to flick a little cold water into the pan – if the water "dances" around in pearl-shaped drops, the pan is at the right temperature. Briefly wipe the pan with a paper towel and then add the oil. By the way: oil functions merely as a flavor carrier; you can fry your food without it. Butter oil (which can be heated to a high temperature) and olive oil (not cold-pressed but refined olive oil) are well-suited here. While the steak is frying the tasty aroma of a good oil provides it with a special character. Important: first heat the pan, then add the oil, then the meat.

#### **3. Starting to fry**

Place the steak in the pan and press it down briefly with a turner. If you are using oil, watch out for spitting. Please don't use a (meat) fork because sharp objects damage the meat, the meat juices escape and the steak will turn dry.



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#### **4. Wait and turn**

Now comes the trickiest moment when you're frying a steak, because only when the meat "releases itself" from the bottom of the pan can you turn it and turn down the heat on the stove. A two centimeter thick steak can be turned after approx. two minutes, and then fried on the other side for two minutes. For many cooks this is a long time to wait, and they worry that the steak will burn - but it won't if you obey rules 1-3. The meat now has a thin crust on the outside – inside it is juicy and pink. This is referred to as medium. If you prefer your steak rare, you don't need to fry it as long. A steak is well done if the juice it exudes when you cut it is no longer bloody. The rule of thumb is that you need to fry a steak one minute for every centimeter of thickness, in other words 3 cm = 3 min, 4 cm = 4 min, etc. You can determine how well done the meat is by pressing it lightly with the turner (elastic = rare, slight resistance = medium, feels solid = well done). Shortly before the end of the frying time you can season the meat with salt and pepper.

Enjoy your meal!

#### **The right steak pan – The main criteria**

Stainless steel pans are particularly suitable for quick-fried food such as steak and poultry. Fissler offers various models of stainless steel pans in different sizes, all of which are suitable for frying steaks: they bear the name crispy and ensure that your food turns out particularly crisp.

You should look out for the following criteria when frying steaks:

1. Base: energy-saving high-quality bases heat up quickly and store the heat for a long time. When you buy a new pan, make sure it's suitable for the stove type.
2. Special frying surfaces, such as the Novogrill frying surface from Fissler, distribute oil ideally, which enables it to be used sparingly. The "honeycomb structure" guarantees a genuine grill effect.
3. Safety handle which keeps your fingers a long way from the hot pot body and also provides a secure grip even with wet or greasy fingers.

Fissler stainless steel pans are available in two different versions. The Premium pan (crispy steelux premium) includes the Novogrill frying surface mentioned above for a special grill effect. Just like the crispy steelux comfort it is suitable for all stove types and equipped with the typical Fissler safety handle.

#### **\*Maillard reaction:**

At higher temperatures the surface of the meat changes and a crisp crust develops. It develops because the proteins on the surface of the meat coagulate. Consequently the "pores" are not closed, as is often incorrectly claimed today. Rather, at very high temperatures (from around 140 degrees Celsius) the sugar molecules contained in the meat combine with the protein molecules it contains. As a result, dark color pigments are produced, which are known as meladoidins. These are responsible for the familiar color and the crisp crust of baked, fried and roasted foods. By the way, the unmistakable aroma of a fried steak comes from the numerous liquid natural fragrances. These are separated when the sugar and proteins are combined. Generally the aroma of a food in all its nuances is created by the interworking of a large number of substances. For example, scientists have found over 600 natural fragrances in meat alone. The Maillard reaction



accelerates as the temperature increases and takes place ideally with a water content of 12 to 18%. The theory that hot oil closes the pores of meat belongs to the past.

### **About Fissler**

Fissler GmbH has for years stood for high-quality cookware. The company has registered over 200 patents and utility models in the last 50 years alone. The German family business was founded in 1845 by Carl Phillip Fissler in Idar-Oberstein. Today the brand stands for the pleasure of and passion for cooking. With a brand awareness of 90% Fissler is the market leader in the German cookware market and global market leader in the field of high-quality cookware. Worldwide the company employs over 700 people. Fissler products are "Made in Germany" and are available in over 70 countries. Further information is available at: [www.fissler.com](http://www.fissler.com)