

# Cooking Guidelines

Heat a tablespoon of oil in a frying pan until very hot then add a couple of knobs of butter.

Fry your steak to your liking (see the table below) then remove from pan, cover in foil (shiny side down) and rest for as long as you cooked it

## Entrcote, Rump, Ribeye and T-Bone

Rare	2½ Minutes per side
Medium	4 Minutes per side
Well Done	6 Minutes per side

## Fillet Mignon

Rare	3 Minutes per side
Medium	4-5 Minutes per side
Well Done	5-7 Minutes per side



SCAN ME

Scan this QR code with your phone to learn more about Turnbull's Steaks!

# Why are Turnbull's Steaks so good?

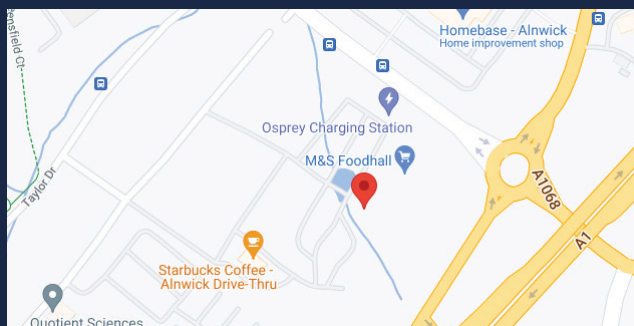
All steaks are sourced by Turnbull's master butchers through the local auction mart in Acklington

The beef is produced on the rich and fertile grazing pastures of the North Northumberland coastline

This method of buying gives Turnbull's steaks complete traceability

The steaks are hung for 18-21 days, allowing the beef to mature for taste and tenderness, before being trimmed and hand cut by our team of skilled butchers to create the perfect steak

**Turnbull's Northumbrian Food Hall:**  
Willowburn Retail Park,  
Alnwick, NE66 2DJ



[www.turnbullsfood.co.uk](http://www.turnbullsfood.co.uk)

# Steak Night

Every Friday at Turnbull's

# Turnbull's

Northumbrian Food

Why not make Friday Night Steak Night with our mouth-watering menu of restaurant style Steaks?



[www.turnbullsfood.co.uk](http://www.turnbullsfood.co.uk)

# Steak Night Menu

## Rump Steak

Our best value steak and the butchers choice, rump has a good covering of fat and some marbling producing a great flavour



## Fillet Steak

The pièce de résistance of our steak range, the fillet is carved from the sirloin and the Mignon cut from the centre of the fillet



## Entrecôte Steak

Also known as Sirloin, this steak remains one of our most popular. Cut from the heart of the loin, this 8oz steak is lightly marbled, producing a steak packed with flavour



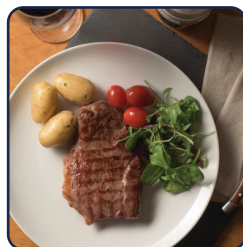
## T-Bone Steak

Cut from the middle of the loin, the T-Bone combines two steaks in one – the flavorsome Entrecôte on one side of the “T” and a tender Fillet on the other, offering the best of both steaks



## Rib Eye Steak

A tasty and tender steak, the rib-eye offers the great texture of fine steak. The rib eye has more marbling and a nugget of fat in the center that ensures a succulent steak with intense flavour



## Chateaubriand

The first cut from the fillet steak, this 12oz steak is extremely tender, serves two and is great for carving at the table!



## Steak Sauces

Choose from the following homemade sauces:

Peppercorn Sauce  
Stilton Sauce  
Diane Sauce

£2.99  
Each

## Free on Fridays...

Free Steak Sauce when you buy any two Steaks from our Friday Night Steak Menu

## Butcher Dan's Tips...

- 1) Bring your steak to room temperature, remove from your refrigerator 30-45 minutes before cooking.
- 2) Make sure your pan is really hot to sear the steaks, giving them colour and flavour.
- 3) Learn to cook by touch - see Dan's video on Turnbull's Butchers YouTube Channel, how to cook the perfect steak.
- 4) Rest your steak after cooking for as long as you cooked it, covering it with foil shiny side down.
- 5) Practise makes perfect, the more you do it, the better you get.

## Make Friday Night Steak Night!