

The Evolution of Steak

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Abstract: *The word "steak" is used to describe a thick slice of meat, not just beef, that is cut from an animal's muscle. Uncommon steaks include those from reindeer, salmon, tuna, venison, and kangaroo. The word "steak" most likely came from Scandinavia, where thick slices of beef were described by terms like "steik," "stickna," and "steikja" in historical documents dating back to the 15th century. The development of steaks was also influenced by Italy, especially in Florence, where they were referred to as "bistecca." It's thought that English tourists in Florence abbreviated the term to "steik," which evolved into "steak." Thanks to its rich flavor and adaptability, steak has transformed from a traditional farm dish to a beloved culinary staple around the world.*

Keywords: Steak, Bistecca, Steik, Rare done, Well done

I. INTRODUCTION

A thick slice of meat cut from any animal's muscle is really called a steak. It's likely that you have encountered, heard of, or perhaps consumed a steak made from salmon or tuna, venison, Kangaroo, or reindeer. The phrase has been used in vegetarian recipes as well; Portobello mushroom steaks are one example.

Although people have farmed cows and other large livestock for thousands of years as a source of food, the word "steak" appears to have come from Scandinavia.

The Nordic nations of Denmark, Norway, Sweden, and Finland in Northern Europe are collectively referred to as Scandinavia. Historical records from the middle of the fifteenth century demonstrate that the terms "steik," "stickna," and "steikja" were used to describe thick slices of beef. This substantial portion of flesh was sliced from the animal's hindquarter muscles and may be roasted, fried, or grill-cooked to taste. The same cut of meat, notably that from cows and deer or elk, is referred to as "stekys" in a cookbook from the fifteenth century.

The Italians were also enjoying steaks about the same time. Many historians have speculated that the idea of cooking steaks as we know it today actually came from Italy. Florence, which is regarded as the birthplace of the Renaissance, is where the origin narrative is said to have started. Florence was a center of culture, art, trade, festivity, and wealth around the middle of the fifteenth century. All year long, the city participated in festivals and celebrations, and massive bonfires were built to roast enormous amounts of meat.

This meat is called "bistecca" in Italian; however, it is believed by researchers that the English who took part in these festivities while visiting and traveling through Florence abbreviated it to "steik," or as it is now known, "steak."

The United States of America was made up of wide, undulating plains, and farms for cattle were scattered all over the place. Over the American West, steak gained popularity with innovators, homesteaders, and cowboys.

During this period, there was also the Industrial Revolution, which saw the astonishingly rapid development of factories and other technology in the early, middle, and late 1800s. Food could now be processed in large quantities because to industrialization. Large cities like New York and Chicago, whose populations were rising along with them, saw an expansion of meat processing industries. With an increasing number of people living in cities, innovative and novel techniques for swift food processing had to be implemented. Soon, the general public could easily obtain steak.

During this period, restaurants also gained popularity as industrialization brought wealth, culture, and luxuries like French wine to the world. Following the establishment of the French culinary arts school Le Cordon Bleu in Paris in 1895, eateries all over the industrialized world started to specialize on particular foods and cuisines.

The steakhouse was one of these eateries; the country's first one debuted in New York City in 1887. The Carl Luger's Cafe created a new (and very popular) eating experience by matching its steak with wines, beers, and drinks. (restaurant) Cooked in home and commercial kitchens, steak has gained popularity as a meal in many parts of the world and is frequently the main course on a menu. It is typically served in bigger quantities as the main course, but it can also be used in smaller amounts as an entrée dish or hors d'oeuvre. Additionally, steak has long been a staple breakfast food,

particularly for laborers who work outside, like farmers. When placing an order for steak at a restaurant, customers usually indicate to the chef or waiter their preferred level of doneness by using the phrases "rare," "medium rare," "medium," "medium well," or "well done."

Levels of Steak Doneness

Steak doneness is categorized into five primary levels:

Rare: Has a deep crimson center that is typically still chilly, and is seared on the outside. Blue steak is an extra-rare steak that is seared for less than a minute before being served. It's still chilly, raw, and crimson within.

Medium rare: Has a red center that fades to pink, while the outside is scorched.

Medium: Lacks any cool or red sections, with a hint of pink in the center.

Medium well: The meat has a charred surface and a light pink inside.

Well done: is cooked through till the center of the steak is brown.

In the end, your personal preference will determine the ideal doneness for steak. While some people want their meat well-cooked and flavorful, medium-well or well-done, others like the delicate juiciness of rare or medium-rare. (Reef)(Wikipedia)

Objective:

To understand the historical evolution of the term steak.

II. REVIEW OF LITERATURE

According to Auther, people do not sense fat's beneficial impacts on taste and tenderness. While Spanish consumers tend to prefer light meat, German consumers tend to prefer dark meat. The perception of quality is unaffected by information regarding the origin, breeding, and feeding practices. The findings imply that superior beef producers face challenges in conveying this quality to customers and that the most effective means of addressing consumer ambiguity over beef quality assessment may be a quality grading system created in partnership with retailers. (Grunert, 1997)

The article focuses on how local and foreign customers in the food service business have different expectations and views, especially when it comes to the doneness (or degree of cooking) of their beef steak dinners. The findings of a random poll conducted among 1430 people in Sydney, Australia, and Tokyo, Japan, demonstrated how consumer perceptions of cross-cultural differences vary, and as a result, they offered a way to minimize the diversity in expectations. All beef steak food service establishments looking to increase customer satisfaction could implement this idea. (Rod J. Cox, 2008)

An increased risk of aggressive prostate cancer was linked to well-done beef. It's interesting to note that eating rare or undercooked meat did not raise the risk of prostate cancer. The researchers found that there was a higher risk associated with MeIQx and DiMeIQx, OR = 1.69 95% CI: 1.08–2.64, P-trend = 0.02 and OR = 1.53 95% CI: 1.00–2.35, P-trend = 0.005, respectively, when they assessed the estimated meat mutagens caused by cooking at high temperatures. (Figg, 2012)

In order to examine the time and energy needs, cooking uniformity, impact on cooking losses, sensory attributes, moisture, fat, thiamin, and riboflavin content of top round beef steaks, this study compared forced-air convection, microwave convection, and standard electric ovens. A sensory analysis of the steaks cooked in the three ovens revealed no discernible differences in terms of external color, strength of beef flavor, softness, or juiciness, including the number of chews. (Baldwin, 2016)

III. METHODOLOGY

The data was collected using secondary methodology like information from pre-existing sources, such as books, journals, web sites, archives, and other historical records.

IV. CONCLUSION

The history of steak is an intriguing one, tracing its origins in Scandinavia, influencing Italy, and finally finding appeal in the United States. Beyond cultural barriers, steak is now loved everywhere as a filling main dish and in a variety of different culinary creations. Because steak may be cooked to a variety of donenesses, from rare to well-done, it is a

popular and adaptable food. Enjoyed in a contemporary restaurant or a traditional rural setting, this flavorful treat never goes out of style. In addition to enjoying the flavors as we savor each juicy bite, we also recognize the rich history that has shaped the evolution of the popular steak.

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