



beef sirloin chop (on the bone)

fry/griddle/bbq



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

cooking time from: 20 minutes

method

Remove the steak out of the packaging, pat dry and bring to room temperature.

Pre heat a griddle or heavy based frying pan until it sizzles when you add a drop of oil.

Season the steak liberally just prior to cooking.

Sear the steak on both sides over a high heat until nicely charred then reduce heat and continue cook turning regularly, approximately 8 to 10 minutes each side for medium rare, basting with a large knob of butter.

Press the steak with your thumb it should have a slight spring to touch and a core temperature of 50°C before resting.

Alternatively you can pop the steak into a preheated oven (after the initial charring steps) 180°C / 160°C fan-assisted (gas 5) for 15 to 20 minutes or until the core temperature reaches 50°C before resting.

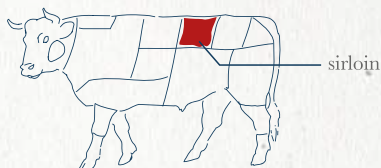
Leave to rest in a warm place for half the cooking time before carving.

serving suggestions

Serve with classic béarnaise sauce, mustard dressed salad leaves and home made chips.

for best results, griddle this cut

Core Temperatures	Out of the Oven	After Resting
Rare	48-50°C	52-54°C
Medium Rare	52-54°C	56-58°C
Medium	58-60°C	60-62°C
Well Done	65-68°C	70-75°C



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