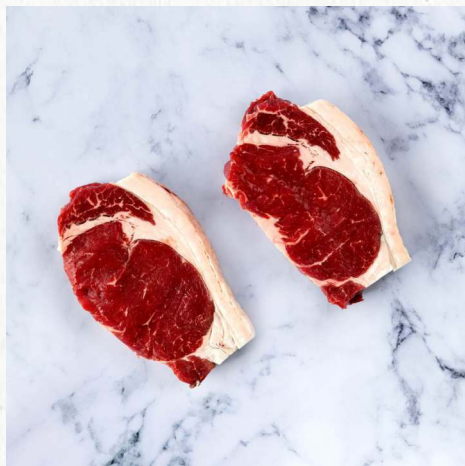




# sirloin steak

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: 5 minutes*

## method

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

Pre heat a griddle or heavy based frying pan large enough to hold the meat until it sizzles when you add a drop of oil.

Season the meat liberally just prior to cooking.

Place the steak on the fat to render before searing on the flat sides then cook over high heat turning the steak a couple of times once a rich, dark crust has formed, reducing the heat if the steak is getting too charred.

Cook 3 minutes each side for medium rare, pressing the steak with your thumb it should have a slight spring to touch & a core temperature of 50°C before resting for medium rare.

Finish by adding a large knob of butter to the pan & basting over the steak for the final couple of minutes.

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

## serving suggestions

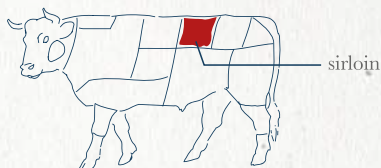
Serve with herb butter & French fries.

## 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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sirloin

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# bavette steak

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: 5 minutes*

## method

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

Pre heat a griddle or heavy based frying pan large enough to hold the meat until it sizzles when you add a drop of oil.

Season the steak liberally with sea salt just prior to cooking & massage with a little goose or duck fat.

Sear the steak on all sides over high heat creating a rich, dark crust then reduce to medium heat.

Cook 2 to 3 minutes each side basting the steak with foaming butter for the final couple of minutes of cooking.

For a medium rare steak, press the steak with your thumb, it should have a slight spring to touch & a core temperature of 52°C before resting.

Leave to rest in a warm place for half the cooking time before carving into thin slices against the grain.

## serving suggestions

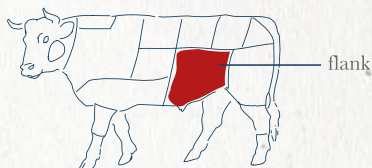
Serve with corn tortilla, salsa & smashed avocado.

## 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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# fillet steak

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.

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Jeff Baker

Executive Development Chef

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*cooking time from: 6 minutes*

## method

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

Pre heat a griddle or heavy based frying pan large enough to hold the meat until it sizzles when you add a drop of oil.

Season the steak liberally with sea salt just prior to cooking & massage with a little goose or duck fat.

Sear the steak on all sides over high heat creating a rich, dark crust then reduce to medium heat.

Cook 3 to 4 minutes each side basting the steak with foaming butter for the final couple of minutes of cooking.

For a rare steak, press the steak with your thumb it should have a slight spring to touch & a core temperature of 50°C before resting.

Alternatively you can pop the steak into a preheated oven (after the initial charring steps) 200°C / 180°C fan-assisted (gas 6) for 6-8 minutes.

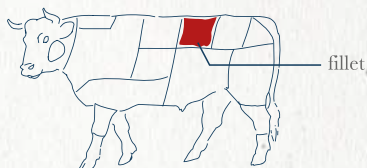
Leave to rest in a warm place for half the cooking time before carving.

## serving suggestions

Serve with French fries, grilled tomatoes & Béarnaise sauce.

## 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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