# for 2

roast



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!



Executive Development Chef

## cooking time from: 20 minutes

To defrost remove the Wellington from the packaging and place on a tray lined with parchment paper and place in the fridge.

Once fully defrosted bake within 24 hours.

Pat dry any moisture before baking with food safe paper.

#### method

Pre heat your oven to 220°C / 200°C fan-assisted (gas 7).

Place the wellington on a baking tray lined with a sheet of baking parchment.

Place in the middle shelf of your oven and bake for 20 to 25 minutes to reach a core temperature of 45°C before removing and resting for medium rare beef.

Rest for minimum 15 minutes on a wire-cooling tray before carving in half.

## serving suggestions

Serve with parsnip mash, buttered savoy cabbage and a rich red wine sauce.

### for best results, roast this cut

Oven Temperatures	$^{\circ}\mathrm{C}$	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9



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