



Ripon Cathedral bacon 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: 6 minutes

method

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

Place the steaks on the fat to render before searing on the flat sides then cook for 2 to 3 minutes each side. It should be slightly firm to touch and a core temperature of 60°C before resting.

Finish by adding a large knob of butter to the pan and basting over the steaks for the final minute or so.

Serve straightaway.

serving suggestions

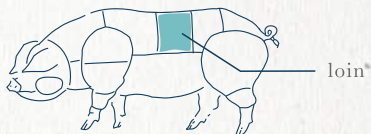
Serve with grilled pineapple, egg and chips.

for best results, griddle this cut

Core Temperatures	Out of the Oven	After Resting
Medium	58-60°C	62-65°C
Well Done	65-68°C	72-75°C

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