



flat iron steak

fry/griddle/bbq



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 skinny French fries, grilled tomatoes and garlic-scented mushrooms.

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

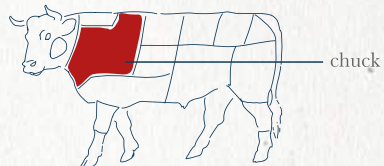


Jeff Baker

Executive Development Chef

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minced lamb

slow cook



for best results, slow cook this cut

Oven Temperatures	°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

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!



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cooking time from: 1 hour

method

Pre heat your oven to 160°C /140°C fan-assisted (gas 3).

Remove your mince from the packaging.

Season the mince with sea salt & cracked black pepper before searing in a little light olive oil or rapeseed oil in a casserole dish over high heat until brown then drain away any excess fat then add a tablespoon of red wine or sherry vinegar then add 350ml of chicken or lamb stock, 1 tablespoon tomato paste.(optional) & thicken with a tablespoon corn flour mixed with a little cold water and stirred into the simmering broth.

Cover & place in the centre of the oven and cook for 45 minutes.

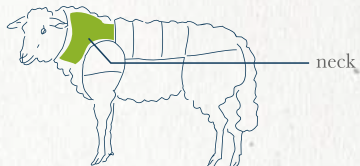
Meanwhile neatly dice equal amounts of onion, carrot and celery or my preferred choice of celeriac & soften the diced vegetables in a separate pan with a little butter for 4 to 5 minutes then add to the mince & simmer for a further 15 minutes.

Remove from oven & serve straight away.

serving suggestions

A variety of dishes can be derived from the base mince, such as shepherds pie & crushed garden peas.

Note: Adding the vegetable towards the end of cooking keeps them fresh & vibrant, transforming your mince into something special.



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chicken supreme

oven fry/bbq



cooking time from: 25 minutes

method

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

Pre heat a griddle or heavy based frying pan over low to medium heat.

Season the chicken with sea salt just prior to cooking.

Place the chicken breasts skin side down into the pan to crisp the skin before searing on the opposite side then transfer to a pre heated oven 200°C / 180°C fan-assisted (gas 6) for 25 minutes until fully cooked through with a core temperature of 65°C before resting.

Leave to rest in a warm place for 5 minutes before serving.

serving suggestions

Serve with buttered spinach, new potatoes & tomato vinaigrette.

for best results, fry this cut

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

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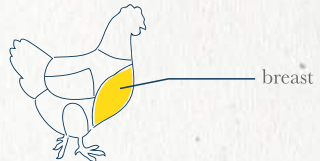
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ripon cathedral streaky bacon

fry/grill



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cooking time from: 2 minutes

method

F&Co traditional dry cured & fermented bacon will cook much quicker than mainstream bacons, with minimal shrinkage & full flavoured crisp fat perfect for sandwiches, tossed through salads or as part of a great British breakfast.

Carefully remove bacon out of the packaging.

Pre heat a griddle or heavy based frying pan over medium high heat & apply a thin layer of pork dripping or poultry fat.

Layer the bacon in pan without overlapping & cook 1 minute each side or until the fat starts to render & begins to caramelize.

Remove from pan, pat away excess fat on kitchen paper & serve straight away.

serving suggestions

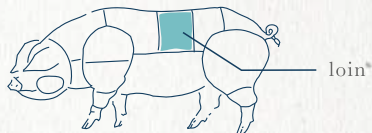
This has many uses, my favourite being as part of a full English or served simply in a proper bacon butty.

for best results, fry this cut

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the English breakfast sausage pan fry



cooking time from: 10 minutes

method

Pre heat a heavy based frying pan over medium heat.

Add a little poultry fat or oil & fry the sausages for around 10 minutes, turning frequently on all sides until golden brown & the sausages thoroughly cooked.

The sausages should be minimum core temperature of 75°C before resting.

Rest for a couple of minutes before serving.

serving suggestions

Perfect for breakfast, lunch or dinner, an all round sausage pairs particularly well with caramelized onions.

for best results, pan fry this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	75°C	75°C

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pork leg boned

roast

cooking time from: 1 hour

method

Remove the joint from the chiller & scald the rind by pouring over a full kettle of boiling water onto the skin over a clean sink with the pork resting on a wire tray, pat dry then season with salt.

Preheat your oven to 160°C or 180°C without a fan (gas 4).

Choose a large, heavy-based roasting tray, ideally with deep sides and handles for easy movement.

Make a trivet by roughly chopping equal amounts of onion, carrot and celery plus a cooking apple cut into wedges, a bay leaf, sprig of thyme and a few black peppercorns.

Sit the pork fat side up onto the trivet & place in the centre of the oven and roast for 20 minutes per 500g then increase the oven temperature to 210°C fan-assisted or 230°C without a fan (gas 8) & roast for an additional 25 minutes, the core temperature should read 65°C before resting.

Leave to rest for 30 minutes in a warm place before carving.

serving suggestions

Serve with traditional roast potatoes, seasonal greens & apple sauce.

for best results, roast 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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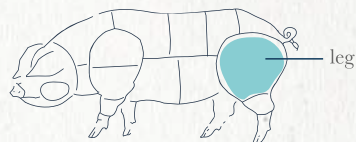
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