



ripon cathedral streaky bacon

fry/grill



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

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!

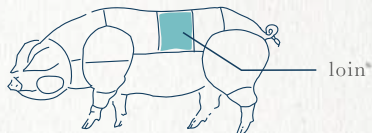


Jeff Baker

Executive Development Chef

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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.

servicing 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

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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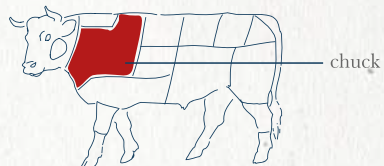


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diced chicken breast

stir fry/slow cook/pot pies



cooking time from: 10 minutes

method

Remove the chicken out of the packaging & pat dry any excess moisture.

Pre heat a heavy based frying pan over high heat with a little oil until very hot.

Season the chicken to suit the recipe your cooking then sauté over medium high heat until just cooked then pour over a glaze, flavoured butter or sauce then simmer gently for another 4 to 5 minutes until fully cooked & piping hot.

Don't boil the chicken as it will become dry, just a very gentle simmer.

Check seasoning & serve.

serving suggestions

These chicken nuggets are so versatile, whether it's an oriental stir fry, classic fricassee or the base for a more traditional pie.

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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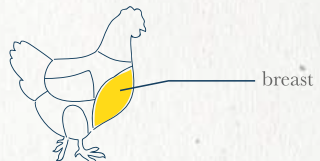
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minced lamb

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

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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.

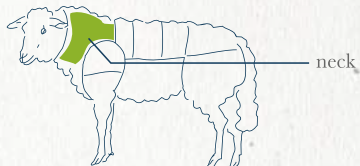
Meanwhile neatly dice equal amounts of onion, carrot and celery or my preferred choice of celeriac & soften the diced vegetables in a separate pan with a little butter for 4 to 5 minutes then add to the mince & simmer for a further 15 minutes.

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.



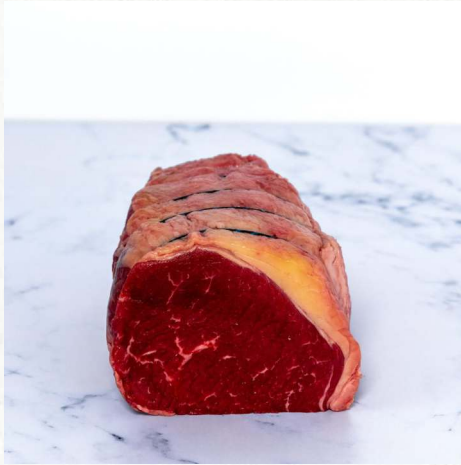
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topside

roast



for best results, roast 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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cooking time from: 45 minutes

method

Remove your joint from the packaging, pat dry & bring to room temperature.

Preheat your oven to 210°C for fan-assisted or 230°C for ovens without a fan (gas 8).

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

Season the meat with good quality sea salt just prior to cooking.

Make a trivet by roughly chopping equal amounts of onion, carrot and celery (or our preferred choice of celeriac, the root of the celery) plus a bay leaf, sprig of thyme and a few black peppercorns.

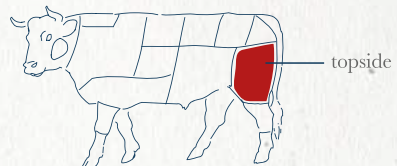
Place the beef fat side up onto the trivet which should line the base of the tray.

Place in the centre of the oven and roast for 25 minutes, then reduce the temperature to 160°C or 180°C without a fan (gas 4) & continue roasting for 15 minutes per 500g reaching a core temperature of 54°C before resting for a medium joint.

Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil. Rest for a minimum of 20 minutes before carving, leaving the roasted vegetables in the tray for the gravy.

serving suggestions

Serve with roast potatoes, Yorkshire puddings and horseradish sauce.





pork leg escalope

fry/grill



cooking time from: 5 minute

method

Carefully remove escalopes out of the packaging,
Season the pork with fine sea salt just before
cooking.

Pre heat a griddle or heavy based frying pan over a
high heat & apply a thin layer of poultry fat or oil,
when hot place the escalopes in the pan without
overlapping & cook 2 minutes each side until
lightly browned.

Remove from the pan & serve straight away.

serving suggestions

Serve with tender green beans, Parmesan & parsley
gremolata.

Note: This cut works really good for bread
crumbing & shallow frying, simply dredge the
seasoned pork through flour, then beaten egg
followed by breadcrumbs (I use panko for extra
crunch) then shallow fry in oil on medium high
heat.

for best results, fry this cut

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the meat. For perfect cooking and measuring internal
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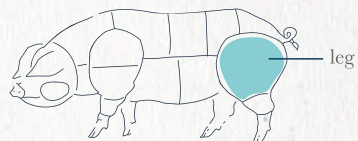
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the English breakfast sausage pan fry



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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