



steak strips

fry/griddle



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: 2 minutes

method

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

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

Add a thin film of oil to the pan & sear the strips over high heat for 1 to 2 minutes, it's important not to overcrowd the pan when frying.

serving suggestions

Stir fry with vegetable strips, soy & sesame.

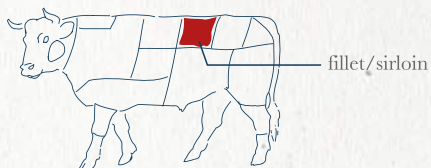
for best results, fry this cut

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

eat
better
meat®



Explore our wide range of innovative and forgotten cuts and choose the breed that best suits your palate at farmison.com/our-meat



Share your kitchen creations with #eatbettermeat

[f](#) [t](#) [@](#) [p](#) [farmisonuk](https://farmisonuk.com)