



fillet 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

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cooking time from: 6 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 3 to 4 minutes each side basting the steak with foaming butter for the final couple of minutes of cooking.

For a rare steak, press the steak with your thumb it should have a slight spring to touch & a core temperature of 50°C before resting.

Alternatively you can pop the steak into a preheated oven (after the initial charring steps) 200°C / 180°C fan-assisted (gas 6) for 6-8 minutes.

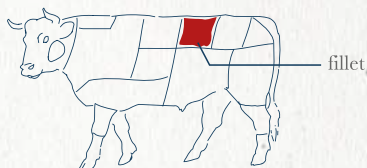
Leave to rest in a warm place for half the cooking time before carving.

serving suggestions

Serve with French fries, grilled tomatoes & Béarnaise sauce.

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



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