



t bone steak

fry/griddle/bbq



cooking time from: 8 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 meat liberally just prior to cooking.

Place the steak on the fat to render before searing on the flat sides then cook over high heat turning the steak a couple of times once a rich, dark crust has formed, reducing the heat if the steak is getting too charred.

Cook 3 to 4 minutes each side for medium rare, pressing the steak with your thumb, it should have a slight spring to touch & a core temperature of 52°C before resting for medium rare.

Finish by adding a large knob of butter to the pan & basting over the steak for the final couple of minutes.

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.

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.

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

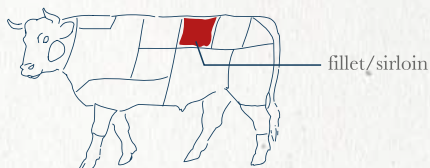
Executive Development Chef

eat
better
meat®

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serving suggestions

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



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