



fillet medallions

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

cooking time from: 5 minutes

method

Remove your steaks 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 for a couple of 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.

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

serving suggestions

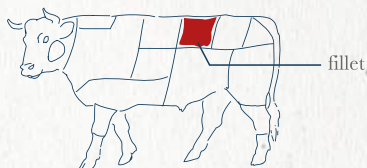
Serve with sauté of mushrooms & wild rocket.

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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