



Latin American spiced picanha joint

roast



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: 25 minutes

roast

Remove the joint from the packaging and bring to room temperature.

Preheat your oven to 200°C for fan-assisted or 220°C for ovens without a fan (gas 7).

Choose a heavy-based flame proof roasting tray and over a medium heat brown the fat first then the meat all over then place in the centre of the oven and roast for 25 to 30 minutes reaching a core temperature of 52°C before resting for a medium rare 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.

BBQ

Set up for both direct and indirect grilling, sear the joint fat side first until charred and crisp then sear all sides.

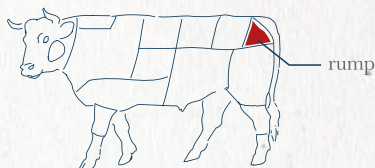
Transfer to an indirect cool zone and cook turning every few minutes until reaching a core temperature of 52°C, this method will take approximately 25 minutes in total.

serving suggestions

Serve with chilli, tomato and lime salsa.

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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