



pork belly steak

fry/griddle/bbq



for best results, griddle this cut

Core Temperatures	Out of the Oven	After Resting
Medium	58-60°C	62-65°C
Well Done	65-68°C	72-75°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

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cooking time from: 8 minutes

method

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

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

Season the meat just prior to cooking.

Don't overcrowd the cooking base, a couple of medium sized steaks per pan.

Massage with a little light olive or rapeseed oil, creating a very thin layer over the meat.

Cook 3 to 4 minutes each side over high heat turning the steak until nicely browned, the pork should be firm to touch with a little spring back when pressed with your thumb (core temperature of 65 °C).

Leave to rest in a warm place for a few minutes before serving.

Serve with a ragout of lentils & a crisp salad tossed with vinaigrette.

roast

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

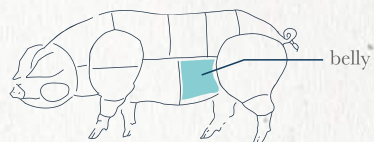
Pre heat oven 140°C for fan-assisted or 160°C for ovens without a fan (gas 3).

Season the steaks with sea salt & pepper then cover tightly with foil and roast for 1hr 30 mins, until tender.

Remove the foil, brush the pork with BBQ or teriyaki sauce then grill for 4-5 mins, turning it halfway and brushing over more sauce until the steaks are nicely charred.

serving suggestions

Serve with braised lentils & mustard.





flat brisket joint

pot roast



for best results, pot roast this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

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cooking time from: 5 hours

method

Remove your joint from the packaging & bring to room temperature.

Preheat your oven to 210°C for fan-assisted or 230°C for ovens without a fan (gas 8).

Choose a large, flame proof casserole with deep sides & tight fitting lid.

Season the meat with good quality sea salt just prior to cooking.

Make a trivet by roughly chopping equal amounts of onion, carrot and celery (or our preferred choice of celeriac, the root of the celery) plus a bay leaf, sprig of thyme and a few black peppercorns then place the joint fat side up onto the trivet, which should line the base of the dish, place in the centre of the oven and roast for 20 minutes until nicely browned.

Next add 200ml red wine, chicken or beef stock to the dish & cover with a tight fitting lid & cook for 5 hours on 140°C for fan assisted or 160°C for ovens without a fan (gas 3), the meat is ready when it is tender; it should pull away easily when pierced with a skewer.

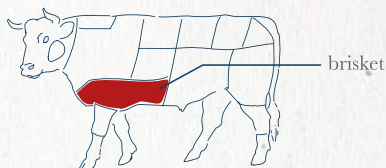
Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil whilst finishing the gravy.

Pass the roasting juices through a fine strainer into a clean saucepan & bring to a simmer, skim away any fat that rises to the surface & thicken with a little corn flour mixed with cold water.

Pour the finished gravy over the joint & serve.

serving suggestions

Serve with roast carrots & English mustard.



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chicken breasts skinned & boned

oven fry/bbq



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cooking time from: 20 minutes

method

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

Pre heat a griddle or heavy based frying pan over low to medium heat.

Season the chicken with sea salt just prior to cooking.

Place the chicken breasts into the pan to & sear both sides then add 50ml chicken stock or water & a knob of butter to the pan then transfer to a pre heated oven 200°C / 180°C fan-assisted (gas 6) for 15 to 20 minutes until fully cooked through with a core temperature of 65°C before resting.

Leave to rest in a warm place for 5 minutes before serving.

serving suggestions

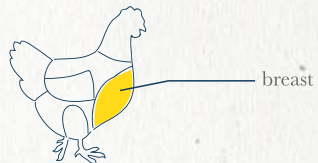
Serve with Risotto with peas & Parmesan.

for best results, fry this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C

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chicken legs

roast



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cooking time from: 30 minutes

method

Remove your chicken from the packaging, pat dry & 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 roasting tray or skillet.

Season the chicken with sea salt & brush with melted butter or olive oil.

Place in the centre of the oven skin side up and roast for approximately 30 minutes, reaching a core temperature of 65°C before resting.

Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil.

Rest for a minimum of 10 minutes before serving.

serving suggestions

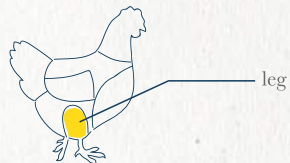
Serve with French fries & coleslaw.

for best results, roast this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C

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lebanese style minced lamb kofta

fry/griddle/bbq



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cooking time from: 8 minutes

method

Remove the kofta mix from the packaging.

At this stage they can be made in a variety of styles, from small meatballs, burger style patties or wrapped onto skewers for an authentic lamb skewer.

Preheat your heavy based frying pan, griddle or BBQ over medium heat.

Rub the koftas with a little olive oil then cook over high heat on each side until nicely browned & thoroughly cooked, the core temperature of the kofta should be 70°C.

serving suggestions

Serve with saffron scented rice & minted yoghurt or as a snack with flat breads, garlic sauce & red cabbage salad.

for best results, roast this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	70°C	75°C

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the heritage beef burger

fry/grill/griddle/bbq



cooking time from: 8 minutes

method

Remove the burgers out of the packaging & pat away excess moisture.

Pre heat your heavy based frying pan, griddle or BBQ until very hot.

Lightly oil the patties with a little poultry fat, beef tallow or oil then cook over high heat for 3 to 4 minutes each side until firm to touch & thoroughly cooked, the core temperature of the burger should be 70°C.

For extra luxury add a knob of unsalted butter for the final minute or two cooking & baste over the patties.

serving suggestions

Serve in a toasted brioche bun, with pickles, melted mature cheddar cheese, ketchup & fried onions.

for best results, fry this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	70°C	75°C



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Argentinian style salchicha parrillera sausage wheel



pan fry/air fry/bbq



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cooking time from: 10 minutes

method

Pre heat a heavy based frying pan over medium heat.

Add a little poultry fat or oil to a frying pan large enough to hold the wheel and fry for approximately 10 minutes turning halfway through the cooking over a medium high heat on until golden brown and the sausage is thoroughly cooked

The sausage should have a minimum core temperature of 75°C before resting.

Rest for a couple of minutes before serving.

Alternatively BBQ over direct coals until thoroughly cooked.

serving suggestions

Serve with refried beans and corn salsa.

for best results, pan fry this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	75°C	75°C

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rip on cathedral smoked streaky bacon

fry/grill



cooking time from: 2 minutes

method

F&Co traditional dry cured & fermented bacon will cook much quicker than mainstream bacons, with minimal shrinkage & full flavoured crisp fat perfect for sandwiches, tossed through salads or as part of a great British breakfast.

Carefully remove bacon out of the packaging.

Pre heat a griddle or heavy based frying pan over medium high heat & apply a thin layer of pork dripping or poultry fat.

Layer the bacon in pan without overlapping & cook 1 to 2 minutes each side or until the fat starts to render & begins to caramelise.

Remove from pan, pat away excess fat on kitchen paper & serve straight away.

serving suggestions

This has many uses, my favourite being as part of a full English or served simply in a proper bacon butty.

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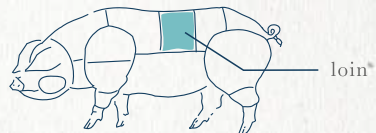
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