



# bavette 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

*cooking time from: 5 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 2 to 3 minutes each side basting the steak with foaming butter for the final couple of minutes of cooking.

For a medium rare steak, press the steak with your thumb, it should have a slight spring to touch & a core temperature of 52°C before resting.

Leave to rest in a warm place for half the cooking time before carving into thin slices against the grain.

## serving suggestions

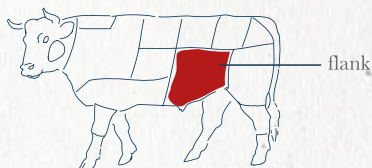
Serve with corn tortilla, salsa & smashed avocado.

## 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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# 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.

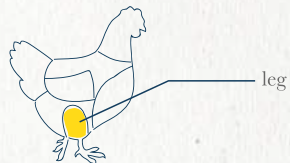
## for best results, roast this cut

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

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# crumbed chicken Milanese

fry



*cooking time from: 5 minutes*

## shallow fry

Remove the chicken out of the packaging.

Heat a layer of vegetable oil a couple of centimetres deep in a frying pan over a medium-high heat.

Fry for 3 to 4 minutes, adding a little butter as they cook and turning a couple of times until golden – you may need to do this in batches until the chicken is cooked through and piping hot.

Remove from the pan, pat away excess oil with kitchen roll, season with a little sea salt and serve straight away.

## deep fry

Remove the chicken out of the packaging.

Preheat the fryer to 180°C.

Fry the chicken for 4 to 5 minutes until golden and crispy - you may need to do this in batches, ensure the chicken is cooked through and piping hot.

Remove from the fryer, pat away excess oil with kitchen roll, season with sea salt and serve straight away.

## air fry

Remove the chicken out of the packaging, place in the air fryer and spray with oil.

Air fry 200°C for 8 to 10 minutes until the chicken is cooked through and piping hot.

Remove from the air fryer, season with sea salt and serve straight away.

## serving suggestions

Serve with fried egg, buttered spinach and extra grated Parmesan.

## for best results, fry this cut

Core Temperatures	Before Resting	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.

for best results, fry this cut

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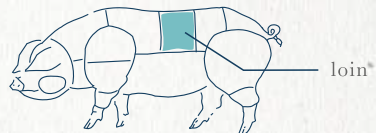
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