



# tomahawk 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: 12 minutes*

## method

Remove your tomahawk steak out of the packaging and bring to room temperature.

Preheat BBQ for direct grilling on a medium high heat or a griddle pan large enough to hold the tomahawk until it sizzles when you add a drop of oil.

Place the tomahawk steak on the fat to render before searing on the flat sides then continue to cook turning the steak a couple of times to create a rich, dark crust that has formed, then reduce to medium heat.

Cook 5 to 6 minutes each side for medium rare.

Press the steak with your thumb should have a slight spring to touch and a core temperature of 52°C before resting for medium rare.

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

## serving suggestions

Serve with triple cooked chips and Béarnaise sauce.

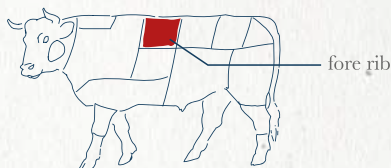
## for best results, griddle this cut

Core Temperatures	Before Resting	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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