



# peppercorn crusted chateaubriand

pan 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

*cooking time from: 15 minutes*

## method

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

Preheat your oven to 180°C for fan-assisted or 200°C for ovens without a fan (gas 6).

Choose a heavy-based ovenproof griddle or frying pan.

Rub with a little beef dripping or poultry fat then season liberally with good quality sea salt and cracked black pepper.

Over high heat sear the beef until nicely browned, this will take 4 to 5 minutes turning regularly then place in the centre of the pre heated oven and roast for approximately 10 minutes, turning once or twice and adding a large knob of butter towards the end of the cook, the beef should be soft to touch with a little spring when pressed with your thumb, with a core temperature of 48°C before resting for a rare finish.

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 carving.

## serving suggestions

Serve with gratin dauphinoise, rich red wine sauce and tender green beans.

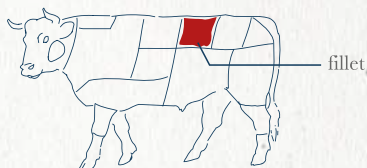
## for best results, roast this cut

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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