



# steak & bone marrow burgers

fry/grill/griddle/bbq



*cooking time from: 6 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



Jeff Baker

Executive Development Chef

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# flat iron 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!



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*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.

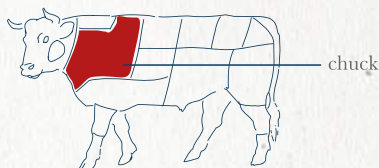
Leave to rest in a warm place for half the cooking time before carving into thin slices against the grain.

## serving suggestions

Serve with skinny French fries, grilled tomatoes and garlic-scented mushrooms.

## 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 thighs skin on & bone in

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 thighs skin side down into the pan to crisp the skin before searing on the opposite side then transfer to a pre heated oven 200°C / 180°C fan-assisted (gas 6) for 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

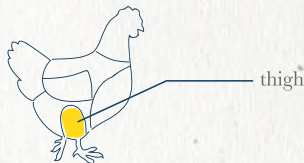
Serve with skinny French fries & mayo.

## for best results, griddle this cut

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

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# Turkish chicken kofta

fry/griddle/bbq/air fry



*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 and thoroughly cooked, the core temperature of the Kofta should be 75°C.

Alternatively, air fry 8 to 10 minutes at 200°C or until fully cooked.

## serving suggestions

Serve with pitta breads, garlic sauce and fresh salad.

## for best results, fry this cut

Core Temperatures	Minimum	After Resting
Well Done	75°C	75°C



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# nidderdale classic pork thick sausage

pan fry



*cooking time from: 10 minutes*

## method

Pre heat a heavy based frying pan over medium heat.

Add a little poultry fat or oil & fry the sausages for around 10 minutes, turning frequently on all sides until golden brown & the sausages thoroughly cooked.

The sausages should be minimum core temperature of 75°C before resting.

Rest for a couple of minutes before serving.

## serving suggestions

A great dinner sausage, paired with mustard mash & rich shallot gravy.

## 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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# Ripon Cathedral bacon steak

fry/griddle/bbq



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*cooking time from: 6 minutes*

## method

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

Place the steaks on the fat to render before searing on the flat sides then cook for 2 to 3 minutes each side. It should be slightly firm to touch and a core temperature of 60°C before resting.

Finish by adding a large knob of butter to the pan and basting over the steaks for the final minute or so.

Serve straightaway.

## serving suggestions

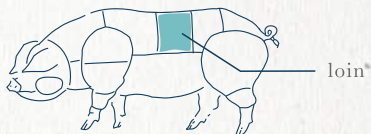
Serve with grilled pineapple, egg and chips.

## 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

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