



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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minced beef

slow cook



for best results, slow cook 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

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: 1 hour

method

Pre heat your oven to 160°C /140°C fan-assisted (gas 3).

Remove your mince from the packaging.

Season the mince with sea salt & cracked black pepper before searing in a little beef dripping or rapeseed oil in a casserole dish over high heat until brown then drain away any excess fat then add a splash of Worcester sauce, a tablespoon of red wine or sherry vinegar then add 350ml of chicken or beef stock, 1 tablespoon tomato paste (optional) & thicken with a tablespoon corn flour mixed with a little cold water and stirred into the simmering broth.

Cover & place in the centre of the oven and cook for 45 minutes.

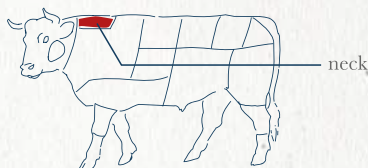
Meanwhile neatly dice equal amounts of onion, carrot and celery or my preferred choice of celeriac & soften the diced vegetables in a separate pan with a little butter for 4 to 5 minutes then add to the mince & simmer for a further 15 minutes.

Remove from oven & serve straight away.

serving suggestions

A variety of dishes can be derived from the base mince, such as Yorkshire pudding & seasonal brassicas.

Note: Adding the vegetable towards the end of cooking keeps them fresh & vibrant, transforming your mince into something special.



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ripion cathedral back bacon

fry/grill



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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.

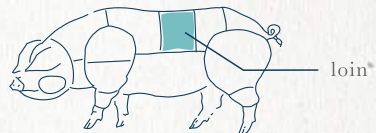
serving suggestions

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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whole chicken

roast



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cooking time from: 20 minutes

method

Remove your chicken from the chiller, 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).

Season the bird with good quality sea salt & brush liberally with melted butter just prior to cooking.

Place in the centre of the oven breast side up and roast for approximately 25 then reduce oven temperature to 160°C for fan-assisted or 180°C for ovens without a fan (gas 4) & continue to roast for 20 minutes per 500g, reaching a core temperature of 65°C before resting.

Remove from the oven & keep warm by covering with a sheet of foil.

Rest for a minimum of 15 minutes before carving.

serving suggestions

Serve with celeriac mash, crispy pancetta & tender green beans.

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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flat iron steak

fry/griddle/bbq



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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.

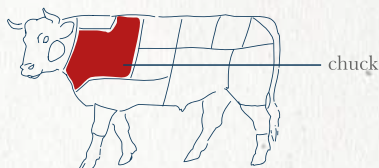
Leave to rest in a warm place for half the cooking time before carving into thin slices against the grain.

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

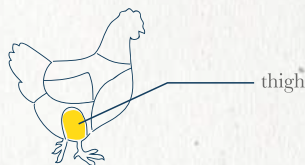
Serve with skinny French fries & mayo.

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



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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 & 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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