



f&co sweet cooking

chorizo

pan fry/bbq



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

Pre heat a heavy based griddle or frying pan over medium high heat.

Add a little light olive oil & fry the chorizo sausages for around 5 minutes, turning frequently on all sides until rich & caramelised & thoroughly cooked.

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

Rest for a couple of minutes before serving.

Alternatively BBQ, using the direct grilling method until well charred & thoroughly cooked.

serving suggestions

Serve with a chickpea & tomato stew, or part of your BBQ with grilled poultry & seasonal salads.

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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